

OCTOBER 2022 | ISSUE #45

HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The First New Look Issue

Welcome to Spring and to October 2022's new look newsletter by Absolique Hair Health Clinic.

We are excited for change and to announce that you can expect a monthly newsletter from us to keep you more informed and up to date on hair, health, and the latest news at Absolique.

In this month's edition we are talking about hair loss and menopause and sharing about early onset hair thinning and male pattern baldness. Absolique Trichologist chats to Mamamia about going grey in your 20's, and we have included information to ease your appointment and product purchasing experiences.

As always, if there are any topics you would like covered, please let us know.

Stay in the loop with Absolique -
[Website](#) | [Facebook](#) | [Instagram](#) | [YouTube](#)

New Merchant Fees at Absolique

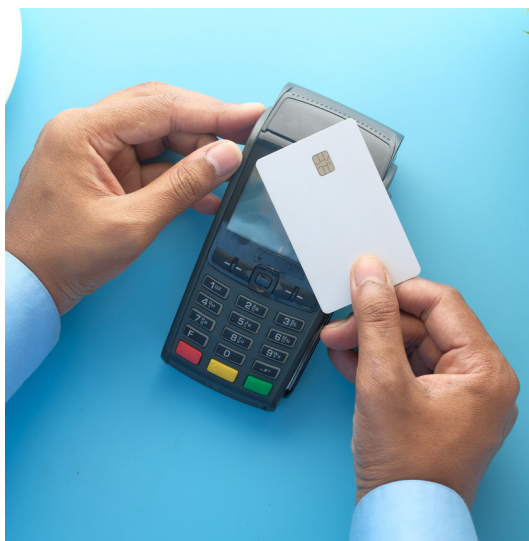
3 easy ways to pay for your products and services and avoid fees with Absolique

Prices are rising all around us, this has hit Absolique in many ways too. Trying to avoid increasing all our pricing, we now need to pass on the merchant fees we are charged.

After much research we have found the best deal for our clients. The fees vary month to month and are set by the merchant. [These fees are current as of 17th September 2022.](#) Fees are added to in clinic, phone, and email product and service payments. The only way to avoid fees is to do a Direct Transfer via your online banking.

Avoid Fees - Direct transfer with your online banking

To avoid fees, you can use online banking direct transfer to Absolique's bank account. This can take up to one business day to process. With the delayed processing time, this can only be used for deposits, phone, email, and online shop purchases.



Direct transfer is not suitable for in clinic services and product purchase because of the payment delay.

Instant payments with Osko

Instead of a direct transfer, you can set up instant payments with your banking institution. Simply set up Pay ID run by [Osko](#) in your banking platform.

Once the instant payments are set up, you can get and share payment notification within 1 minute! This can then be used in clinic as a fee-free payment option.

If your bank does not offer this feature, new [myBOQ](#) is quick and easy to set up.

Absolique's payID is:
admin@absolique.com.au

At the end of your transaction, share with either reception@absolique.com.au or admin@absolique.com.au. We will need to see the transaction email to release product orders or to book services.

Instant payments will need to set up in advance of your in-clinic service or product purchase, you cannot do it on the spot. Once you are set, you will most likely use it for other payment applications.

PayPal

Absolique also accept PayPal, the only way to avoid fees using PayPal is to use your PayPal balance.

Absolique PayPal ID:
info@absolique.com.au

In the event PayPal charge us your fee, we will need to pass it back to you.

Absolique Online Shop

Absolique's online shop has now been open for over six months.

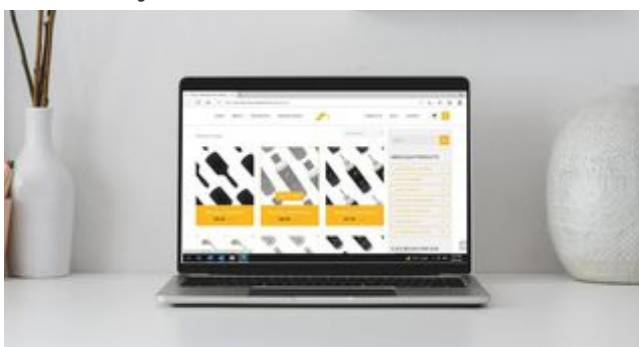
We have worked through some earlier teething problems, and things seem to be running well now and more products have been added.

If you would like a specific product added to Absolique's online store, please let Absolique know, and we will do our best to accommodate.

Start by setting up your account to order online. [Go to our website](#). In the top menu of all pages (just right of centre) is 'Account Login', This is where you can set up your online account and login. This may not show up if you are doing it on a mobile device, in that case scroll all the way to the bottom of the page and click 'Shop Login' located at the bottom left.

To purchase prescription only products (Activance Clinician and 5% PG Free Minoxidil) you need to let us know to activate this for you. For prescription product purchase online, set up your account then email info@absolique.com.au with your account name.

Online payment options are via PayPal which can incur a fee or Direct Transfer which is fee-free. PayPal send us an instant notification so we can sometimes get the order in the mail the same day.



For direct transfer, we do have to wait for the funds to clear which can take a day or two.

For orders over AU\$250, postage fees and insurance are higher than the average that is listed in the shop. In this case we will call you to advise the difference to make sure your products are covered in the mail.

We are working on a new website that will be more automated. If online is not your thing, you are always welcome to email orders@absolique.com.au to reception@absolique.com.au or call reception on 07 3229 3242.

If you would like to pick products up in person, please arrange your payment and pick up time prior with reception staff. Our reception is not always open, and we don't like to disappoint with a closed-door.

When reception is closed, this means Absolique Trichologist is with a client, and the front door is locked for privacy and security. It is unfair to leave any client to serve another, so we have the 'prearrange product pick up policy' to be fair for all. It is important that you stick to your arranged product pick up time, as we do run to a schedule in both Trichology and hairdressing rooms. When reception is closed, email and phones are not monitored at that time.

We appreciate your understanding.

[Click here to visit Absolique Online Shop.](#)

Thriving in menopause – by Prevention Magazine

Menopause and hair loss - Our hair is a defining part of who we are..

So, if we notice hair loss during menopause or hair loss after menopause, it can be really distressing. But it's very common. In fact, it happens to many of us after menopause, or after a course of medication.

Doctors may prescribe sticky lotions that you need to use every day which is, quite frankly, a pain. But there are other, better ways.

Thinning hair and menopause -
Trichologist Carolyn Evans-Frost
specialises in treating hair loss and scalp problems.

In this episode of Thriving in menopause – by Prevention, she shares valuable tips on how we can remedy menopause hair loss and possibly delay the grey hairs as well!

Carolyn shares how health sufficiency can help protect women's hair and breeze through peri menopause, menopause and post menopause.

Check for:

- Vitamin D sufficiency – hormonal health
- Iron (ferritin) optimisation – cellular health, hair growth
- B12 balance – stress support

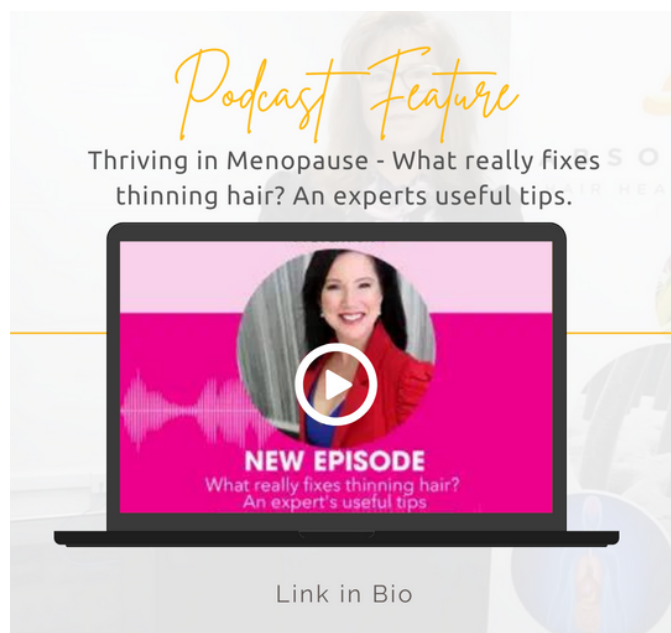
Thinning hair and menopause causes

Trichologist helps to find and address underlying causes and uses safe topical treatment including topical antioxidants to protect the hair cell, hair cycle, and the thinning hair from menopause caused by dihydrotestosterone (DHT)

Causes are:

- Hereditary
- Hormonal
- Environmental
- Free radical effect

Hair loss after menopause is not just the result of ageing, there will always be contributing factors which give you choices of how you want to win the battle.



Hair loss after menopause - food and safe personal care products to protect you

Remove the hormones from food to assist prevention, hormone free animal protein is the most important, ask what did the animal eat? Use safe personal care products ([download toxic decoder here](#)), harmful ingredients can be found in many products.

Menopause and hair loss – hair growth

Hair growth changes take 4 months, there is no miracle cure, prevention is a great place to start. Menopause hair loss treatment can be as simple as changing the way you wash your hair guided by Trichologist, check some nutritional levels and making some safe lifestyle changes.

Thinning hair from menopause, female pattern hair thinning can take longer to regrow due to the miniaturisation from the DHT. There are natural and safe solutions that you do not have to do forever and without nasty side effects or sticky greasy hair. Positive side effect is less scalp oil, no more oily hair.

[Click here to view blog and video online.](#)

Absolique Trichologist will help to find and address underlying causes and uses safe, topical treatments - including topical antioxidants to protect the hair cell, hair cycle, and the thinning hair from menopause caused by dihydrotestosterone (DHT).



Absolique Hair Health Clinic

What causes grey hair in your 20's?

What to do when you find your first grey hair? Don't panic, there are things you can do for prevention.

Blog article by Mamamia: ['I'm 24 and just found a single grey hair. I asked an expert what to do next.'](#)

Genetics can play a role, look at parents and siblings, did they go grey around the same age? Even with genetics, the sooner you look at other contributing factors, you could slow down the progress of grey hair.

- Nutritional deficiencies
- Poor diet and acidic body environment
- Low antioxidant status
- Hair growth problems

How to fix grey hair – Nutritional deficiencies

Make sure you are getting sufficient nutrients from food. Annual blood tests check will help to track your levels and avoid deficiency. [pH testing](#) regularly is also a good indicator of health.

- Minerals, iron, ferritin
- Essential fatty acids, vitamin D
- Vitamins - including B12, antioxidants

A big cause of grey hair at an early age is low mineral levels, low iron and low ferritin, the storage of iron. Other nutritional lows also contribute; essential fatty acids, Vitamin D, vitamins including B12. All these nutrients allow us to make antioxidants.

When levels are low in the body, hair, skin, and nails can miss out. Hair, skin, and nails are non-essential for health so the body will use nutritional elements elsewhere.

How to stop grey hair naturally – correct hair growth problems

Hair has a complex structure, when this is compromised by poor health, illness, surgery, medication, and nutritional problems, it can affect the hair structure and cause hair growth problems.

In all the layers that make a single hair, two are responsible for hair colour. When these layers are no longer formed properly, it can be what causes white hairs in your 20s.

If you're noticing grey hair at an early age, check in on your hair growth and health with Absolique Trichologist and [microscopic hair health and scalp check](#).



How to stop grey hair at an early age - prevention

If there are genetic factors, maintaining the best health can protect you. The use of topical antioxidants has also shown to slow down genetic causes of grey hairs in your 20s. Absolique Trichologist uses a few different topical antioxidants individually chosen to suit your hair and scalp type.

- [Activance Clinician](#) and [Activance Professional Densify 03](#)
- [Absolique G. R. N. Grow, revitalise, nourish](#)

How to stop grey hair – topical and nutritional treatment

Stopping and fixing can be similar grey hair treatment. We can use both topical and nutritional treatment for fixing grey hair. What we are really doing is correcting hair growth, which in turn fixes grey hair in many cases. Sometimes this does not always fix the grey hairs, but we end up with healthy hairs, which is always a bonus.

This is where hair colour and or camouflage techniques may be helpful. Darker colours tend to show more regrowth of grey hair. It is better is to blend rather than create a contrast. Use a base colour close to your own natural shade and the blend with foiling techniques. There are also many hair fibres available, these can also camouflage and blend grey hairs.

There is no guaranteed grey hair treatment. Absolique Trichologist has noted on many occasions the reversal of grey hair with hair growth correction and better health. Any questions or concerns, contact us or book your initial consultation today.

[Check out our other blog stories here.](#)

[Click here to view video and blog online.](#)



Early Receding Hairline

Why it can happen in young women..

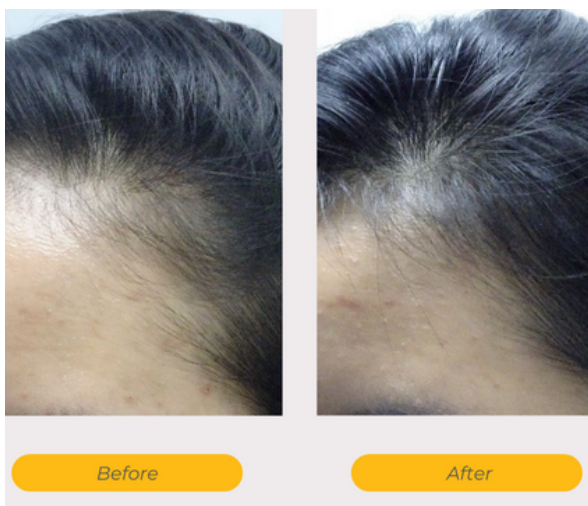
This young woman noticed the first sign of receding hairline before she turned 21. A receding hairline is mostly associated with female pattern hair thinning, also called androgenetic alopecia.

Women don't normally notice a receding hairline until post menopause, due to the contributing hormonal factors surrounding that time of life.

Receding hairline early stages – don't ignore the signs

When a woman notices a receding hairline early 20s, there are always other factors involved. Here we found she had also experienced physical hair loss which is very different to what happens with a miniaturising early receding hairline.

- Physical hair loss is different to early receding hairline
- Early receding hairline is not physical hair loss
- Receding hairline is a gradual hair thinning



The hair loss here was caused by low iron stores called ferritin. When ferritin levels get depleted to levels below 30 ug/L this causes the physical hair loss also termed telogen effluvium or diffuse hair loss.

Physical hair loss can appear to be the first sign of receding hairline

It is so important to understand and identify physical hair loss can appear as a receding hairline early stage, but they are not the same. Diffuse hair loss causes hair loss diffusely all over the scalp, including the recessions. Loss of hair diffusely all over the scalp will make the recessions appear thinner.

- Deficient ferritin was the cause along with low level of Vitamin D3
- Both nutritional elements are essential for health and hair growth
- The body responds to deficiency with hair loss and other symptoms
- Low levels can also inhibit hair regrowth

Nutrition helping to address underlying causes

Treatment for this early receding hairline was to help with deficiency of ferritin with correct supplementation and teaching about food. [Download Food for Ferritin here.](#) Many don't realise how they are eating food combinations are robbing their nutrients. Vitamin D was also addressed with some supporting nutrition.

Learning about nutrition in your early 20s can be confronting but helps to address the underlying causes for long term results is what we aim to help with.

Connecting the treatment topically with some at home hair washing routine selected for individual circumstances, deliver the results we share in the first four months.

Early Receding Hairline – Minoxidil is not always the solution

Minoxidil was not required or used to achieve the result. Minoxidil is a topical or oral medication that can be the first recommendation when female pattern hair thinning is suspected. Minoxidil is a vasodilator which does not stop physical hair loss or treat diffuse hair thinning from low ferritin and it comes with side effects that many don't like.

- Starting and stopping minoxidil can cause more hair loss
- You need to continue use of minoxidil to maintain the result
- Minoxidil does not treat underlying causes

Trichologist at Absolique Hair Health Clinic will always address the underlying causes and never use unnecessary medications that can cause hair loss whilst experiencing hair thinning, it makes no sense. We have our [signature hair loss treatments](#) to stabilise hair loss, hair thinning and regrow hair.

For those with stronger hereditary factors and or health concerns we may need to use additional treatment to achieve a result. Any questions or concerns, [contact us](#) or book your initial consultation today.

[Check out our other blog stories here.](#)

[Click here to view video and blog online.](#)

**GETTING A CORRECT
DIAGNOSIS IS KEY TO
STARTING YOUR
RECEEDING HAIRLINE
TREATMENT JOURNEY**



Absolique Hair Health Clinic

Early Male Pattern Baldness

Simple and natural treatment options

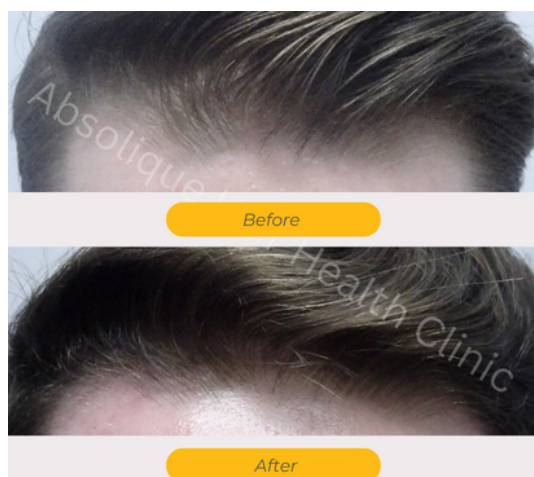
This young man, at only 22 was noticing hair loss and hair thinning, particularly at his front hair line and recessions, over the last 5 months. Male pattern baldness, also known as male pattern hair thinning, can have hereditary factors, but should not occur at such a young age, or progress so fast.

Male pattern hair loss

Male pattern baldness is a very gradual hair thinning caused by miniaturisation. Only the recessions, front, top and crown are affected, never the entire scalp. This is not actual hair loss, as in physical hair falling out. When hair falls out it is diffuse all over the scalp or in distinct bald patches as in alopecia.

Male pattern alopecia

Alopecia is another word to describe hair loss, so the term male pattern alopecia is technically incorrect. Alopecia can also be used as a word to describe the type of hair loss such as alopecia areata, which is also very different from male pattern hair thinning.



Normal daily hair loss is between 70-160 hairs. Men with short hair should not notice this. When seeing hairs on your clothes, pillowcase, in your comb, this is hair loss, not pattern hair thinning.

Male pattern baldness – early onset

Early onset means it is happening much earlier in life than it genetically should. In this case we found an underlying cause of Vitamin D3 deficiency. Vitamin D is essential for life, immunity, hormones, and health. Low levels can disrupt the body so much that it triggers physical diffuse hair loss and secondary early onset male pattern hair thinning.

- Identify nutritional deficiency and low levels
- Avoid hormones in food, particularly animal proteins
- Remove harmful ingredients from personal care products

Many other nutritional lows we commonly find in young men are iron and the storage of iron ferritin, vitamin B12 and zinc. We do not recommend supplementing without understanding the right levels.

Male pattern baldness treatments - simple and natural

Absolique Trichologist introduced a simple and natural treatment for male pattern hair thinning to be used at home. The treatment is to address the hair loss, male pattern hair thinning, and scalp scale and oil found with microscopic diagnosis. No minoxidil was used to achieve this result.

- No minoxidil
- Safe ingredients
- At home treatment

Treatment products only include safe and effective ingredients. Harmful ingredients can penetrate the skin and enter the body quickly, these can then act as xenoestrogens, adding to the hormonal problem. [Download the toxic decoder here.](#)

Male pattern baldness treatments - The Art of Absorption

We have mentioned a few things about food as it is important to understand if you are eating food containing hormones, it will affect your own hormones, mimicking, contributing to early onset male pattern hair thinning. Food containing hormones can also lack essential nutrients leading to nutritional lows and deficiency. If you are taking supplements with this type of food, they will not absorb, and food related nutrients are also lost.

- Hormone free food
- Food combining
- The art of absorption

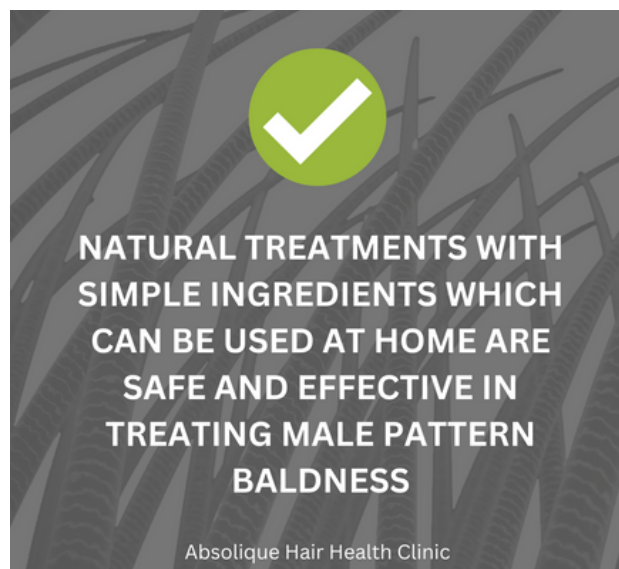
[The Art of Absorption](#) is about absorbing nutrients from food and supplements where needed. For this we use pH testing and food combining. It is simple but not the way most people eat.

Creating the right environment for food and supplements enables absorption to assist deficiency, lows and get results.

For those with stronger hereditary factors and or health concerns we may need to use additional treatment to achieve a result. Any questions or concerns, [contact us](#) or book your initial consultation today.

[Check out our other blog stories here.](#)

[Click here to view video and blog online.](#)



Appointment Deposits

A breakdown of our deposit schedule

Deposits are part of many businesses and Absolique Hair Health Clinic have implemented an Appointment Booking Policy for a number of years to keeping a fair, safe, and functioning clinic environment.

Paying a deposit for your appointment ensures your appointment time is secured

Appointment Deposit Schedule:

Weekday appointments require deposit of \$40 to be paid 2 business days before appointment.

Tuesday appointment deposits must be paid no later than the previous Wednesday.

Wednesday appointments by the previous Thursday.

Friday appointments on the previous Tuesday.

Saturday appointments require AU\$100 deposit as it is a highly sought-after day and available booking times are limited.

Deposits for Saturday appointments need to be paid at time of booking, if the appointment is within 2 weeks. Prebooked Saturday appointments need to have deposit paid 2 weeks prior. Appointments without deposits paid within the required timeframe will be cancelled.

Deposits are taken off the service fee on the day of appointment or transferred to your next appointment, if that is within 2 weeks.

Reception is open Tuesday - Friday, with hours varying. We ask you to please arrange ahead for product pick-ups

Reception is closed Saturday, Sunday and Monday.

We appreciate your understanding.

