

NOVEMBER 2022 | ISSUE #46

HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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The Hair Loss Issue

Welcome to November 2022's newsletter!

It's a new month and we are enjoying bringing out more frequent newsletters to keep you up to date on Absolique's news and views.

In this month's edition we are talking about birth control hair loss and stress related hair loss. We are showing some positive results with treatment for pre-hair transplants male pattern baldness, we are also showcasing our new microneedle, and reminding you of our beautiful, purpose-built organic salon within our Brisbane clinic.

As always, if there are any topics you would like covered, please let us know by contacting Absolique Trichologist via email -- info@absolique.com.au

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Hair Fall Cause – Birth Control Hair Loss

Starting, stopping, and changing birth control can be a hair fall cause.

It is called diffuse hair loss or telogen effluvium. We all lose between 70-160 hair a day. When the hair cycle is disturbed by the change, it can result in over 300 hairs falling every day.

Sudden hair loss

What may seem to be sudden hair loss was caused from a change three months earlier. Checking a timeline, most women will find the change in the birth control or medication was three months earlier.

Hair falling out in clumps

Compared to normal daily hair loss, this can seem like hair falling out in clumps, patches, or patterns. However, this type of hair loss is always diffuse, all over the scalp and will never causes complete baldness.



Hair falling out

When the hair is falling out from the changes to birth control or medication, it should only last 3 months then stop. If the hair loss continues, then there is other contributing factors.

Hair loss causes

Common contributing factors relating to birth control hair loss are low iron, low ferritin the storage of iron, low B12 and low vitamin D. If you are experiencing hair loss and you have recently changed birth control or medication, it is a good idea to visit your doctor for a general blood test.

Hair fall reasons

Absolique Trichologist specialises in hair loss, hair thinning and scalp conditions. She will help you identify any contributing factors and get hair growth back underway. Basic treatment was used for these before and after photos along with some food advise and raising ferritin and vitamin D to sufficient levels. Absolique basic hair loss treatment can look like scalp brush therapy, scalp cleanser, Activance Clinician or we can also use Absolique special G.R.N Grow, revitalise, nourish.

Any questions or concerns, contact us or book your initial consultation today.

Male Pattern Baldness

- pre hair transplants

Male pattern baldness treatment needs to consider the health of hair growth all over the head. The terminal area, the strongest thickest area of hair on our head, must be growing properly as this represents the hair cycle.

The terminal area is also the donor site for hair transplants. This donor site must be healthy growing hair to be successful hair transplants.

Male pattern hair loss

Male pattern baldness is a gradual hair miniaturisation, it is actually male pattern thinning. It is not physical hair loss. The hair is not hair falling out. When there is physical hair loss, it is the hair cycle responding a problem in the body. This is usually diffuse hair loss or telogen effluvium.

Male baldness

Male baldness in younger men is early onset, meaning it is happening at a much younger age than it should. When this happens there are usually contributing factors. The most common diffuse hair loss causes are:

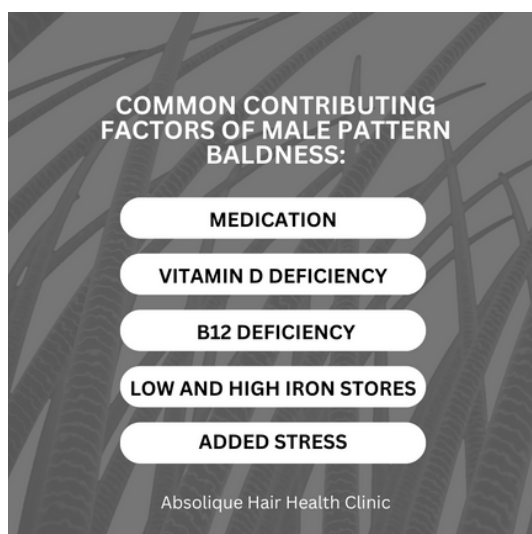
- Medication
- Vitamin D deficiency
- B12 deficiency
- Low and high iron stores
- Combined with stress

Male pattern baldness cure

The real cure is to address the underlying causes. On top of a healthy hair cycle, you need to understand what is triggering your male pattern baldness, it can be one or all of these factors:

- Hereditary factors
- Hormonal factors
- Environmental factors
- The free radical effect

When there are hereditary factors, you will need to continue protecting from this trigger to maintain hair growth and prevent male baldness.



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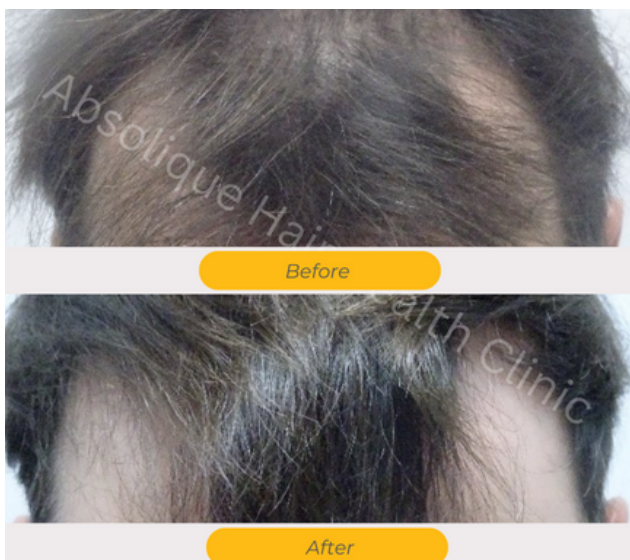
Male pattern baldness treatment – hair restoration

Absolique Trichologist uses various methods to help regrow hair from male pattern baldness. One of the newest treatments are the Silver Kit, Hair Recovery Program SP55, cutting edge technology by Pharma Hermetic.

This hair restoration was achieved using the Silver Kit in preparation for hair transplants. The cutting-edge technology increases the life length of hair stem cells and balances scalp nutrition. Working from the outside in, to support the stem cells in the hair follicle while Absolique Trichologist helps to work from the inside out supporting cellular health with nutrition.

Absolique Trichologist specialises in hair loss, hair thinning and scalp conditions. She will also help you identify any contributing factors for your male pattern baldness.

Any questions or concerns, contact us or book your initial consultation today.



Stress & Hair Loss

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

When experiencing unexplained hair loss, it is easy for doctors, family, and friends to say the stress and hair loss are related. That the cause of the hair loss is the stress and simply stop stressing. You may be experiencing stress, but you can also feel you are managing the stress.

Hair falling from stress

Stress alone does not cause hair loss. Hair falling from stress will have a variety of causes and never the stress alone. Stress on the body over a continued period of time and short-term extreme stress rob the body of:

- Vitamin B12 our stress receptor
- Iron and the storage ferritin, both required for cellular function and immunity
- Thyroid hormone TSH which will speed us up and slow us down

*Stress, alone does
not cause hair loss...*



Absolique Hair Health Clinic

When levels are low or changing to compensate for the stress, it can disturb the hair cycle, this is what causes the hair loss.

Telogen effluvium stress

Telogen effluvium is the name of this type of diffuse hair loss. This represents a disturbance in the hair cycle resulting in more hairs than normal falling every day.

The hair loss stress can contribute to the stress on the body that originally caused the hair loss. Here it is important to check in with Absolique Trichologist to identify what specifically for you has been robbed by the body from the stress.

Emotional cause of hair loss

The emotions related to stress can also interrupt sleep and appetite. This can affect nutrition and absorption which will also lead to low levels in vital nutrients required for a normal functioning hair cycle and hair growth.

Hair thinning from stress

When nutritional levels are left low for a long time, once the stress hair loss has stopped, you can then experience hair thinning from stress. These before photos represent repeated stress hair loss followed by hair thinning from stress.

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Hair loss due to stress - will it grow back?

Yes! This type of diffuse hair loss is temporary. The hair follicle remains alive and can grow back. Sometimes there needs to be a direct hair growth treatment to get the hair to regrow. Absolique Trichologist uses hair loss stress treatment to obtain the after results.

Vitamins for stress and hair loss

In most cases Absolique Trichologist will need to recommend some vitamins and nutritional supplements. This is always based on your individual requirements and blood test results. Generic vitamins for hair growth won't regrow stress hair loss when there are specific nutritional lows or absorption issues. Stress support supplements alone, also will not work for hair regrowth.

Hair loss stress treatment

Absolique Trichologist specialises in hair loss, hair thinning and scalp conditions. She will help you identify any contributing factors and get hair growth back underway. Both topical and nutritional treatment was used for these before and after images, along with some food advice and stress support.

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Microneedling For Hair Growth

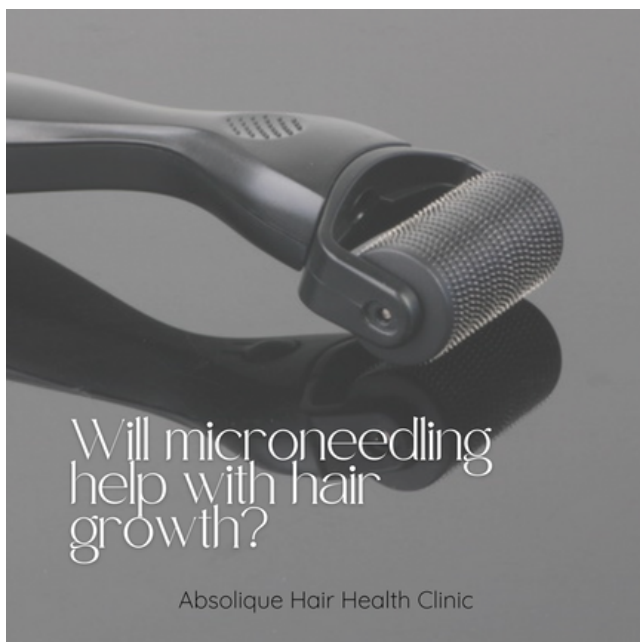
Microneedling for hair growth is a proven and effective hair treatment.

The new 1200 needle titanium microneedle now available at Absolique will save on treatment time and deliver more results.

Correct needle length for hair growth treatment is 0.75mm. Needle length shorter or longer, is for a different purpose and is not suitable for scalp treatment. Correct scalp preparation is important to avoid any irritation and get the best results.

Microneedling for hair loss – not a hair loss treatment on its own

Scalp microneedling is used as a facilitator, it is not a treatment on its own. The microneedling action creates thousands of tiny micro channels. These microchannels enable more effective absorption of natural hair loss treatments.



These micro-channels also trigger an injury reaction to the cell resulting in a natural healing response.

Dermaroller for hair growth – dermaroller and microneedle are the same thing

The action and effect of both microneedle and dermaroller are the same, it is the needle length to be aware of. Scalp microneedle for hair growth should be 0.75mm. Also chose the right type of roller or needle product, that will not cause any further friction or pulling on the hair.

Microneedling at home – hair growth treatment at home

There are many professional services offering in clinic microneedling. Absolique Trichologist finds it is more effective when taught to do it at home. Hair growth treatment at home allows more frequent treatment application. Microneedling at home should not be every day, allowing time for the healing response. Combination therapy treatment can be performed every second day or three times a week as a hair growth treatment.

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Natural hair loss treatment – hair growth treatment

To be politically correct, microneedling will not stop hair loss. Microneedling is used as a hair growth treatment. Once you have had a professional diagnosis to uncover and address the cause of the hair loss, microneedle can be incorporated into hair growth treatment.

Because of the channels created, microneedling is best used with natural hair growth products. Presence of harmful ingredients in products can enter the body when used with microneedling.

Microneedle alopecia treatment

Microneedling is not suitable for some active forms of autoimmune alopecia. Always get a correct diagnosis to understand the best treatment options and how to correctly use microneedle therapy for hair growth treatment.

Scalp microneedling

Absolique Trichologist advises safe scalp preparation before microneedling. Microneedle is a medical device. Application to clean scalp is recommended.

Do not use scalp microneedling on open, wounded, infected or inflamed scalp or skin. Only one user per microneedle and sterilise as required.

Absolique Trichologist specialises in hair loss, hair thinning and scalp conditions. She will help you understand if microneedling is suitable for your hair or scalp concerns.

Any questions or concerns, contact us or book your initial consultation today.



**ABSOLIQUE
MICRONEEDLE**

EFFECTIVELY AIDS
THE ABSORPTION
OF NATURAL
TREATMENTS

1200 0.75MM
TITANIUM
NEEDLES

SAFELY REPLACES
THE USE FOR
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INGREDIENTS USED
TO HELP
PRODUCTS
ABSORB INTO SKIN

WILL NOT
CAUSE ANY
FRICTION OR
PULLING

Absolique Hair Health Clinic

The image is a promotional graphic for the Absolique Microneedle. It features a black microneedle device with a textured roller head. The background is a solid orange color. Text is presented in white, bold, sans-serif font within black rectangular boxes. The title 'ABSOLIQUE MICRONEEDLE' is at the top. Four key benefits are listed in separate boxes: 'EFFECTIVELY AIDS THE ABSORPTION OF NATURAL TREATMENTS', '1200 0.75MM TITANIUM NEEDLES', 'SAFELY REPLACES THE USE FOR HARSH INGREDIENTS USED TO HELP PRODUCTS ABSORB INTO SKIN', and 'WILL NOT CAUSE ANY FRICTION OR PULLING'. The Absolique Hair Health Clinic logo is at the bottom.

Holistic Hairdressing – Organic Hair Salon

Absolique hair health clinic has a purpose-built holistic hairdressing salon that is a private hair studio inside or hair health clinic at Spring Hill, QLD, 4000. It is also an organic hair salon using organic hairdressing products and organic hair colour.

Holistic hairdressing is performed by professional hairdresser with a holistic approach to hair, health, and lifestyle. Using only safe hairdressing techniques and products, Absolique holistic hairdressing provides the same services as regular hairdressing, without any harm.

Organic hair professional – hair loss clinic

As an organic hair professional, qualified hairdresser performs holistic hairdressing with carefully considered organic hair products. Running organic hair salon inside hair loss clinic, also ensures hairdressing services are gentle on the hair.



Many people visiting Absolique hair loss clinic have hair loss, hair thinning, hair breakage or scalp conditions. Organic hair professional takes all of this into consideration to deliver the best hair experience, without the fear associated with normal hairdressing salons.

Holistic hair salon - organic hair colour - Organic hair colour salon

As a holistic hair salon, all techniques are careful on fragile hair with hair loss, hair thinning and hair breakage. We will not compromise the hair and cause any further hair damage.

For hair colouring services we use Oway organic hair colour, offering all regular hair colouring services. Many people like to use us as an organic hair colour salon. We welcome all but are careful to always maintain the private hair studio.

Organic hairdresser – trichologist

Absolique organic hairdresser works closely with Absolique Trichologist. Trichologist is hair specialist, scalp specialist and assists with all related hair and scalp concern.

In the event you are using trichologist hair loss treatment or scalp treatment, organic hairdresser will make sure everything is safe and compliments your hair style desire and your hair or scalp treatment.

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Hair specialist – scalp specialist

Trichologist can use combination of topical and nutritional treatments to help with hair and scalp concerns. During treatment time, it is important you feel good about your hair and get some scalp relief.

This is what makes Absolique holistic hair salon so special. The ability to help with all hair and scalp concerns in a private hair studio with organic hair products.

Contact us to book your holistic hairdressing experience in our organic hair salon or to see Trichologist.

Visit our website for more information about our Organic Salon.

