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# HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



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## The Holiday Issue

Welcome to the Silly Season! As we prepare for the holidays, we are still committed to providing you with informative articles.

In this month's edition we are uncovering the causes of hair loss and early receding hairlines and providing some insight into the inclusion of laser caps in your treatment plans. We are excited to introduce another product to our exclusive line - Absolique Scalp Exfoliant and share a delicious treat recipe that fits in with our Food for Ferritin guidelines.

Don't miss out on stocking up on your products before Christmas - see Holiday Clinic Closures for our clinic opening and closing dates.

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](mailto:info@absolique.com.au).

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[Website](#) | [Facebook](#) | [Instagram](#) | [YouTube](#)

# Cause of Hair Loss

*Why is my hair falling out?*

When experiencing hair loss over many years, visiting a Trichologist to find out why your hair is falling out, is an important step towards hair regrowth.

This case had various cause of hair loss:

- Seizure medication, starting/stopping/changing to find one that worked
- Low vitamin D
- Low iron stores (ferritin)
- Low vitamin B12

## Sudden hair loss – telogen effluvium

Sudden hair loss is caused 3 months earlier. Any one of the various causes of hair loss can trigger telogen effluvium. Telogen effluvium is a diffuse type of hair loss that should be temporary. Telogen effluvium should only last for 3 months.

When telogen effluvium hair loss continues for more than 3 months or recurs time and time again, there are most likely other contributing factors, not one single cause of hair loss.



## Normal hair loss in shower – how much hair loss is normal?

Every hair on the head in the hair cycle. The hair cycle consists of the growing phase, resting phase and falling phase. Normal daily hair fall, from the telogen falling phase of the hair cycle is 70-160 hairs.

- Normal hair loss is 70-160 each day
- Diffuse hair loss is up to 300 hairs falling each day
- Hairs lost are mainly collected on wash day
- Could see over 600 hairs on wash day

When experiencing diffuse hair loss, telogen effluvium, you could lose up to 300 hairs per day. Normal hair loss in shower is not usually noticed.

If you have diffuse hair loss and wash your hair every second day, you could collect 600 hairs. If washing every third day 900 hairs. Avoiding washing your hair won't stop the hair loss.

## Low iron hair loss - which vitamin deficiency causes hair loss?

Low iron hair loss is common in women. We should get iron from what we eat. Women lose iron through menstruation which can lead to low iron stores, low ferritin. Both low iron and low ferritin can cause diffuse hair loss. Iron is so important for oxygen and energy, when there is not enough it will disturb the hair cycle and cause diffuse hair loss. Other common vitamins and minerals that can cause hair loss are: zinc, vitamin B12 and vitamin D.

Hair, skin, nails are considered non-essential. When there are lows and deficiencies, they will miss out on the nutrients. The lack of nutrients can disturb the hair cycle resulting in the diffuse hair loss.

### **Hair fall reasons in female – hair thinning out**

Low iron related hair fall reasons in female is different to female pattern hair thinning. Female pattern hair thinning can cause hair thinning at the front and recessions but is not hair loss.

There is a distinct difference that should not be confused. Diffuse hair loss will affect hair volume over the entire head. Female pattern hair thinning is only the front and recessions and not physical hair loss.

Low levels of iron, ferritin and vitamins that cause diffuse hair loss can also be responsible for hair thinning out. This is again diffuse, all over the scalp.

### **Telogen effluvium treatment – hair loss clinic**

Telogen effluvium treatment will address all the underlying causes. Raising iron, ferritin, and vitamin levels to sufficiency to stop the hair loss and enable hair growth is essential.

Topical treatment can also be used to promote hair growth and bring the hair back into the normal hair cycle.

Most cases of recurring diffuse hair loss need combination therapy. Combining nutritional treatment and topical hair loss treatment delivers the best results.

Absolique Hair Health Clinic are a hair loss clinic with Trichologist. Trichologist is a hair and scalp specialist to help identify your underlying causes and help get hair growth back on track.

#### **TELOGEN EFFLUVIUM**

[www.hair-loss-treatments.com.au](http://www.hair-loss-treatments.com.au)

Before



After



Absolique Hair Health Clinic

# Laser Cap for Hair Growth

Laser cap for hair growth should not be used as a treatment on its own. Used in combination therapy laser cap for hair growth can deliver positive results.

In the images related to this story, there was also an underlying thyroid problem and some nutritional lows that needed correcting.

## Natural hair treatment - laser hair cap

As a natural hair loss treatment, the laser hair cap is effective, convenient, and affordable. Delivering cellular energy, the laser hair cap uses 96 laser diodes at the spectrum of 650nm which is a therapeutic dose.

## Hair loss remedies - Low level laser therapy hair

Low level laser therapy has been used for decades for all sorts of energy healing. Well documented as a safe treatment, laser has also been proven to help with hair loss remedies.



Laser energy on its own cannot stop hair loss or regrow hair. When used with correct diagnosis and addressing hair loss underlying causes, can deliver substantial hair growth results.

## Thyroid hair loss - receding hair line

The before and after photos represented here also had thyroid hair loss. Thyroid hair loss is a diffuse type of hair loss. The diffuse hair loss had continued for years and resulted in diffuse hair thinning from nutritional lows.

Additionally, there was receding hair line caused by female pattern hair thinning. Trichology consultation uncovered all of this to form individual hair loss treatment plan.

## Home remedies for thinning hair

Low level laser therapy hair is perfect for home remedies for thinning hair. Used in the privacy of your own home, laser hair cap is powered by USB. Simply use when working on the computer, relaxing, or even doing housework. Laser cap for hair growth needs to be worn for 30 minutes three times a week or equivalent. Absolique Trichologist recommends using it on a different day to your topical hair loss treatments.

## Home remedies for hair fall and regrowth

The best home remedies for hair fall and regrowth will come from correct diagnosis to understand and address the causes of your hair fall and then how to achieve hair regrowth.

If you relate to thyroid hair loss, hypothyroidism hair loss or suspect pattern hair loss, please contact Trichologist at Absolique.

# Baldness

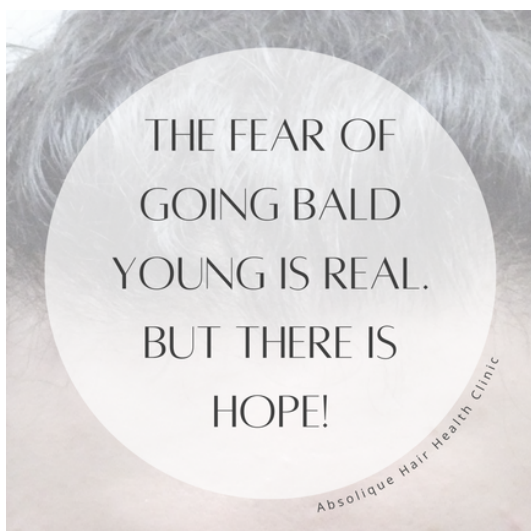
*Fear of Baldness - Receding at 20*

Receding hairline at 20 can make you think you are balding and there is no hope. The fear of baldness is real but does not need to be. Baldness takes many years to kill off hair follicles, so while you are young, check out the many modern receding hairline treatments available.

## **Receding hairline and excessive hair loss**

Early receding hairline can be caused by diffuse hair loss. Diffuse hair loss is when the hair cycle is disturbed, and you would experience excessive hair loss. This is also telogen effluvium and effects hairs diffusely all over the head.

When experiencing excessive hair loss diffusely all over the head, it can seem that the receding hairline is the worst area. The front hairline is the thinnest area of hair on the head. We all have recessions there too with natural baby hairs. Diffuse hair loss will make these areas look much thinner.



## **Early receding hairline - male pattern baldness**

An early receding hairline can also be the first sign you may be exposed to male pattern baldness. Being aware of this in your 20s to understand what causes this, is your greatest power to conquer the fear of baldness.

Causes of male pattern baldness, the triggers:

- Hereditary factors - genetics
- Hormonal factors - low vitamin D
- Environmental factors - xenoestrogens
- Free radical effect - lack of antioxidants

Male pattern baldness is caused by DHT, dihydrotestosterone. DHT is not the enemy here, we all have and need DHT. It is what triggers your DHT to bind where it does not belong, that is the key.

## **Trichologist - natural hair treatment**

As Trichologist at Absolique, I will help you to learn about your individual triggers. Once we understand and avoid your triggers, we can implement natural hair treatment that does not need to be forever.

Many cases of early male pattern baldness have related nutritional lows and deficiency.

This case presented with nutritional, diet and lifestyle contributing factors:

- Vitamin D deficiency – also causing oily hair
- Low essential fatty acids – making scalp dandruff and high cholesterol
- Poor diet – all processed, packaged and junk food
- Shift work with disturbed sleep

Low vitamin D will disturb our hormones which can cause excessive hair loss if reaching deficiency status. Vitamin D also needs EFA – essential fatty acids. Low vitamin D will also contribute to early receding hairline.

## **Best treatment for receding hairline - early male pattern baldness**

The best treatment for receding hairline is getting a diagnosis with Trichologist who understands the hair cycle. Check bloods to look for nutritional lows and deficiencies. Follow the advice to make diet and lifestyle changes.

## **Stop receding hairline – prevention**

Absolique Trichologist will introduce a simple topical treatment you can use when washing your hair at home. You will need to do the hair washing routine every second day or three times a week to be effective. A four-month time frame is also required to see the results.

There was also a small nutrition regime here to address the low vitamin D. This combination therapy can stop the hair loss and prevent the male pattern hair thinning.

If you relate to this story, have a fear of baldness or early receding hairline, contact Trichologist at Absolique Hair Health Clinic contact us or book your initial consultation today.



# Scalp Treatment

*New Scalp Exfoliant by Absolique*

Scalp treatment has been exclusive to scalp treatment salon, trichologist and scalp specialist.

As Absolique Trichologist, I have seen the increased need for clients to perform their own scalp treatment at home.

New scalp exfoliant by Absolique will provide safe scalp treatment at home with the increased frequency of use providing more benefit than scalp treatment salon service.

## **New scalp exfoliant by Absolique – dandruff treatment**

New scalp exfoliant can be used as a pre shampoo scalp treatment for dandruff treatment. For best results it should be used after scalp brush therapy and followed by Absolique scalp cleanser.

## **New scalp exfoliant by Absolique – scalp psoriasis treatment**

New scalp exfoliant can be used as a scalp psoriasis treatment to reduce psoriasis scale and irritation. Followed by Absolique scalp cleanser or prescriptive scalp soak, can leave the scalp clean and refreshed.

For best results, follow by leave in scalp treatment such as Absolique GRN or Activance. Scalp psoriasis can not be cured, but with our scalp treatment trial, we found it was managed better with scalp exfoliant as a home scalp remedy used with select companion products.

## **New scalp exfoliant by Absolique – seborrheic dermatitis treatment**

New scalp exfoliant scalp treatment works great as a seborrheic dermatitis treatment. Seborrheic dermatitis is an oily based scaly condition which can also be inflamed.

Scalp exfoliant scalp treatment can help to reduce the oil, scale and inflammation when used with companion products such as scalp cleanser, scalp soak and topical scalp treatment products. Seborrheic dermatitis cannot be cured, but well managed with Absolique scalp exfoliant.



### **New scalp exfoliant by Absolique – flaky scalp treatment**

New scalp exfoliant scalp treatment is also a simple and sensational flaky scalp treatment. Once again, best results are achieved when used with combination scalp treatment, scalp brushing and scalp cleansing. Absolique Trichologist will always recommend a prescriptive scalp cleanser for your individual scalp concerns.

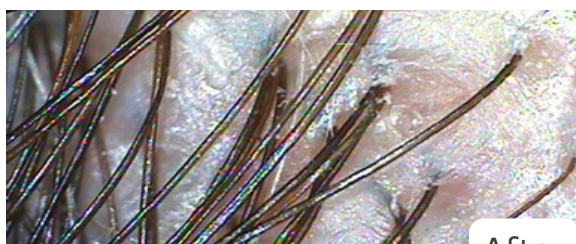
### **New scalp exfoliant by Absolique – itchy scalp treatment**

New scalp exfoliant by Absolique is also a magic itchy scalp treatment delivering near instant relief from scalp itch. The carefully selected ingredients help to relieve scalp itch and manage scalp health for longer lasting results.

### **New scalp exfoliant by Absolique – oily scalp treatment**

New scalp exfoliant by Absolique is also an impressive scalp oil and scalp pimple treatment. The gentle exfoliating ingredients safely and effectively cleansing the scalp of oil and debris. Best use with companion products scalp brush and scalp cleanser.

Before



After

### **New scalp exfoliant by Absolique – natural scalp treatment**

New scalp exfoliant by Absolique is a natural scalp treatment. Using on safe ingredients, consistent with all Absolique products.

It is important that natural scalp treatment are effective, Absolique Trichologist carefully selected the ingredients to be safe and effective.

The inclusion of many natural oils, seed powders and active ingredients create a special, safe and effective scalp treatment.

### **New scalp exfoliant by Absolique – scalp home remedies**

Absolique scalp treatment, scalp exfoliant can help with many scalp concerns:

- dandruff treatment
- scalp psoriasis treatment
- seborrheic dermatitis treatment
- flaky scalp treatment
- itchy scalp treatment
- oily scalp treatment
- natural scalp treatment

New Absolique scalp exfoliant is available now to purchase by phone, email or in clinic for \$60. It will be in Absolique online shop soon. Call 07 3229 3242 or email [info@absolique.com.au](mailto:info@absolique.com.au) to order and arrange post or pick up.

For existing clients, we can review your treatment to see how new scalp exfoliant will fit in with your hair washing regime. For new clients, we can offer free 15-minute phone chat to help establish where companion products could be helpful or necessary.

# Scalp Exfoliant

## *Clean Scalp Treatment Set*

Absolique hair health clinic Trichologist has released a new scalp treatment, Absolique scalp exfoliant. Absolique scalp exfoliant is best used as a pre-cleanse scalp treatment.

Absolique scalp exfoliant will deliver better results when used with other scalp treatment products, so we have created a clean scalp treatment set for common scalp concerns.

Clean scalp treatment set can be helpful for:

- Dandruff treatment
- Flaky scalp treatment
- Itchy scalp treatment
- Oily scalp treatment

## **Clean scalp treatment set – scalp care**

Scalp care can start at home. With clean scalp treatment set works so well because the base of a healthy scalp is a clean scalp.

Clean scalp treatment set is the perfect scalp remedy to get scalp relief quickly, at home. Simply follow the scalp treatment product instructions, starting at least every second day until scalp is feeling better.

## **Scalp home remedy - natural scalp treatment**

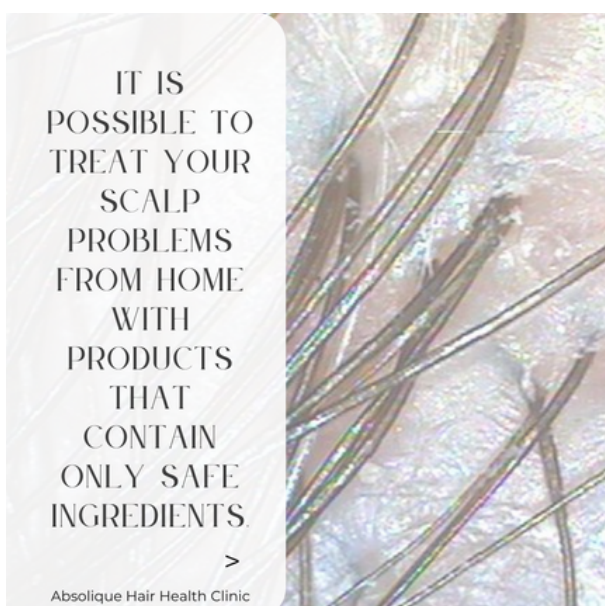
Not only a scalp home remedy, scalp exfoliant clean scalp treatment set is also a natural scalp treatment. Only safe ingredients should be used to cleans the scalp, and no harmful rubbing or scrubbing.

Clean scalp treatment set only requires gentle action allowing the product to do the work and protect the intrinsic and sensitive scalp surface.

## **Clean scalp treatment set – best scalp treatment**

Clean scalp treatment set is the best scalp treatment because it includes all the essentials for a clean scalp: scalp brush, scalp exfoliant, Absolique scalp cleanser. Scalp brush used for scalp brush therapy, dry scalp brushing before scalp exfoliant. Scalp exfoliant scalp treatment as a pre-cleanse gentle scalp scrub. Scalp cleanser to clean scalp and wash away scalp exfoliant.

Scalp brush, scalp cleanser and scalp exfoliant price \$136 get as clean scalp treatment set to save \$12 pay only \$124.



## Safe scalp brushing

Scalp brush therapy should not be used on broken scalp skin. If scalp brush therapy is hurting the scalp, stop. Proceed to scalp exfoliant and scalp cleanse without the scalp brush. If scalp is still sore, contact Absolique Trichologist.

## If symptoms persist – Trichologist

Scalp exfoliant scalp treatment should deliver some scalp relief after first application but can take up to 3-4 applications over 1-2 weeks to reduce scalp scale recurring. If symptoms persist, contact Absolique Trichologist.

Absolique Trichologist prefers to address the underlying causes, not just the symptoms. If a scalp treatment does not help your scalp concerns, then there is an underlying cause that needs to be addressed.

## Trichologist – scalp specialist

Example of an underlying cause is low vitamin D. Low vitamin D can contribute to dry scalp, flaky scalp, dandruff, scalp scale and oily scalp. Low vitamin D can also trigger itchy scalp from the scale and oil build up along with being a precursor to autoimmune scalp conditions, scalp psoriasis and seborrheic dermatitis.

Scalp treatment can give relief from scalp symptoms, but does not address the underlying cause, the low vitamin D. When you are not achieving the desired result from home scalp treatment remedy, Absolique Trichologist can help.

Absolique Trichologist is a hair and scalp specialist, she will look at your scalp through a microscope to obtain a diagnosis, look at your blood test results to identify deficiencies and lows, then can recommend the best nutritional program to assist through diet, lifestyle, and supplements where necessary.

To purchase cleans scalp treatment set, go to our online shop here or call reception on 07 3229 3242 or email Trichologist [info@absolique.com.au](mailto:info@absolique.com.au).



# Festive Recipe

## *Persian Nut Bars*

This is a snack or dessert recipe that fits in with Absolique food combining and food for ferritin.

Some of the ingredients are unusual and expensive, but it is worth it because this is simply delicious, festive, and healthy.

The inclusion of orange zest is not a fruit as per food combining, so it adds the flavour without the fruit.

Sneak this special treat onto the festive table, no one will know it is healthy too.

### **Ingredients:**

- 180 g (½ cup) honey
- 80 g (½ cup) raw almonds, roughly chopped
- 75 g (½ cup) pistachio kernels, roughly chopped
- 160 g (1 cup) sunflower seeds
- 35 g (½ cup) shredded coconut
- finely grated zest of ½ orange
- 1 tsp ground cardamom
- ½ tsp salt
- pinch saffron threads
- 1 tsp rosewater or orange blossom water (optional) we used rosewater



Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. Allow total resting time to cool before cutting into bars.

### **Instructions:** Resting time 2 hours

- Preheat the oven to 180°C. Line a 21 cm × 17 cm baking tin with baking paper, leaving excess paper overhanging on all 4 sides.
- Heat the honey in a small heavy-based saucepan until just warmed through but not boiling.
- Meanwhile, combine the almonds, pistachios, sunflower seeds and shredded coconut in a heatproof bowl. Add the orange zest, cardamom and salt and stir to mix.
- Add the saffron to the warmed honey, then pour over the almond mixture and add the rosewater. Stir until all the ingredients are well coated with the honey. Tip the mixture into the lined baking tin, spreading it evenly, then press to form a compact layer.
- Bake for 20 minutes or until golden brown, then immediately use a wooden spoon or spatula to press the surface firmly to flatten. Leave to cool completely in the baking tin.
- Use the overhanging baking paper to remove the nut bar mixture from the tin and place it on a chopping board. Cut into 7 cm × 4 cm bars and serve.

To view the recipe online:  
<https://www.sbs.com.au/food/recipes/persian-nut-bars>

# Holiday Clinic Closures

A big thank you to all our clients for committing to your hair loss treatment or scalp treatment journey. All your efforts deliver the results. Remember to stick to your topical treatment during the holidays as best you can. If you would like an easier holiday plan email Trichologist Carolyn at [info@abssolique.com.au](mailto:info@abssolique.com.au)

If you are doing some nutrition treatment, please also stick to this as best as you can, always making sure you have at least one good meal a day. This is important if you are taking iron supplements. For others, you can rely on your green drink, but still try to be good,

**Reception will close from Friday the 23rd of December at 4pm.**

Last orders will need to in by 2pm to get them in the mail for delivery after the holidays.

**Reception will reopen Tuesday the 3rd of January 2023 at 11am.**

Because of school holidays, reception is now on reduced hours, so please help by leaving a phone message, emailing orders to [receptoion@absolique.com.au](mailto:receptoion@absolique.com.au) Trichology questions to [info@absolique.com.au](mailto:info@absolique.com.au) and product orders from the online shop.

