

JUNE 2023 | ISSUE #52

HAIR, HEALTH & NEWS

A Monthly Newsletter by Absolique Hair Health Clinic



WHAT'S IN THIS MONTH'S ISSUE:

Page 2 - 3:

Hormonal Hair Thinning
- Hormonal Hair Loss in Women

Page 4 - 5:

Hair Growth Treatment
- Alternative to Minoxidil

Page 6 - 7:

Curly Hair Losing Curl

Page 8 - 9:

Winter Scalp

Page 10:

Team News

The Winter Issue

As the weather cools down in this part of the world, we talk about dry, winter scalps and how to treat them at home.

Absolique Trichologist shares more information about the safe product alternative to minoxidil. As always we are showcasing our positive result stories, including one where we assisted a client to regain their natural curl.

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

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

Hormonal Hair Thinning – Hormonal Hair Loss

Women's hair thinning is not part of menopause or ageing.

DHT and hormonal hair thinning

Hormonal hair thinning and hair loss are two very different things, but they always get lumped together. In this case it was long term physical hair loss for 10-15 years. On top of that she now also had the hormonal hair thinning we call female pattern hair thinning.

Low iron hair loss – anaemia hair loss

One of the underlying causes here was low iron which causes physical hair loss which is a diffuse type of hair loss. There was also history and current low B12 causing anaemia hair loss, which is also diffuse and can be called telogen effluvium. Just to top things off, both the iron from what you eat and the storage tank ferritin, were both very low.

Androgenetic alopecia vs diffuse hair loss

With so many factors contributing to the diffuse hair loss, we also found diffuse hair thinning which is diffuse all over the scalp. This is how you can determine between androgenetic alopecia, which is not physical hair loss, but a gradual miniaturising only at recessions, front, and top of scalp.

When the back of the head hair has also changed you know it is diffuse. But, when you have diffuse hair loss and diffuse hair thinning, the hair cell is left wide open for androgenetic alopecia, so it needs to be considered in the overall hair growth treatment plan.

Menopause hair loss – is pattern hair thinning

The reported hair loss that happens around or after menopause is the female pattern hair thinning, not physical hair loss. Please always be aware of the significant difference to get a correct diagnosis and the right treatment for you.

Low iron and hair loss – diffuse hair loss – not pattern hair thinning

Low iron and low ferritin cause physical hair loss, the diffuse type of telogen effluvium. Low iron does not directly cause pattern hair thinning but the cellular breakdown can certainly contribute.



For women around menopause, it is common to have low iron hair loss and pattern hair thinning but all can be addressed if you get the right help. Absolique Trichologist is here to help with many success stories. Please take on board the difference between pattern hair thinning and physical hair loss, look for the signs and symptoms to understand the difference.

Low vitamin D hair loss and hair thinning

Low vitamin D can also cause physical hair loss. The body needs vitamin D for many functions, one is hormones, and another is immunity. Low vitamin D can cause hair loss and leave the hair open to the hormonal trigger of female pattern hair thinning. Always keep your Vitamin D levels in check and look for sufficiency, for best health, not just staving off deficiency. Sufficient vitamin D can help with menopause symptoms, so it is worth your while.

DHT and hair loss – address the true underlying cause

DHT, dihydrotestosterone is the real reason behind pattern hair thinning, remember it is not physical hair loss.

Learn to avoid what triggers your DHT to bind and cause female pattern hair thinning:

- Look for hereditary factors to use preventative measures
- Keep hormones balanced, avoid hormones in food
- Vitamin D should be at sufficiency
- Avoid environmental factors, endocrine disruptors in personal care products
- Use topical antioxidant to protect against the free radical effect

Learning what triggers your DHT to bind where it does not belong, the hairs follicle androgen receptors, can assist with addressing the real underlying cause.

Health can protect hair and ease through menopause

Absolique Trichologist helps women prepare for menopause and post menopause. Hair loss and hair thinning do not and should not be accepted as a symptom of menopause. Look at all the other factors in this case and how much we achieved in a short 4-month time frame.

[Watch the article video on our YouTube channel:](#)
[@CarolynFrostTrichologist](#)

Hair Growth Treatment - Alternative to Minoxidil

Absolique Trichologist speaks about a safer and effective alternative to minoxidil for hair growth



The HRP Silver Kit is proving time and time again to be one of the best hair growth treatments. Delivering impressive and quick results, with visual improvement within 4 months.

- Thicker hair
- More density
- No side effect
- Topical application
- Lasting result

Many don't want to or cannot use topical minoxidil, so the silver kit is a welcome alternative to minoxidil as a hair growth treatment. The silver kit uses ingredients suitable to penetrate the scalp and helps the dormant hair follicles with hair growth.

Hair regrowth treatment

All hair growth treatments require an otherwise healthy individual to grow hair. In this case we had slight low vitamin D which we already addressed, and we had been using a basic topical hair growth treatment to stabilise both the hair cycle and male pattern baldness for a few months previous.

Male pattern baldness

Male pattern baldness is pattern of gradual hair miniaturisation that can lead to baldness over time. A more suitable name for this in male pattern hair thinning because the hair will gradually get thinner in the pattern areas, recessions, front, top and crown. This can lead to baldness over time but should not happen over a few months unless there is another contributing factor.

Male pattern baldness or male pattern hair thinning are not physical hair loss. This is the first important fact to understand. When experiencing diffuse hair loss from telogen effluvium it can expose underlining male pattern hair thinning that you did not know was there.

Male hair thinning

In this example, before and after images, we also had diffuse hair thinning. The genetic hair in the terminal area was not growing normally.

>

Hair loss treatment for men

Silver kit hair growth treatment, alternative to minoxidil is ideal for the stubborn male pattern baldness type of hair loss, when you have checked health is in place. Just remember here, male pattern baldness is not physical hair loss, it is a gradual miniaturisation. You can see the reversal in the before and after photos.

Microneedling for hair loss

Microneedling for hair loss or more correctly, micro needling for hair growth treatment has always worked well. Creating thousands of microchannels, microneedling for hair growth connects the scalp to the cellular level triggering an injury reaction and healing response. We use 0.75mm microneedle length with the ampoules and phials in the silver kit.

Hair growth remedies

Any hair growth remedy needs time. Always allow 4 months to really give a treatment a go. If not seeing results consult a professional to look at all factors. Silver kit hair growth remedy also requires functioning hair and healthy human to work to its potential.

Hair loss treatment at home

Easy to use, the HRP Silver Kit is a hair loss treatment at home. It is a daily application, one out of three products, following the HRP schedule. You do still need to use a scalp cleanser on wash days, but daily simple application, following micro needling when a phial or ampoule application day.

Male pattern baldness treatment

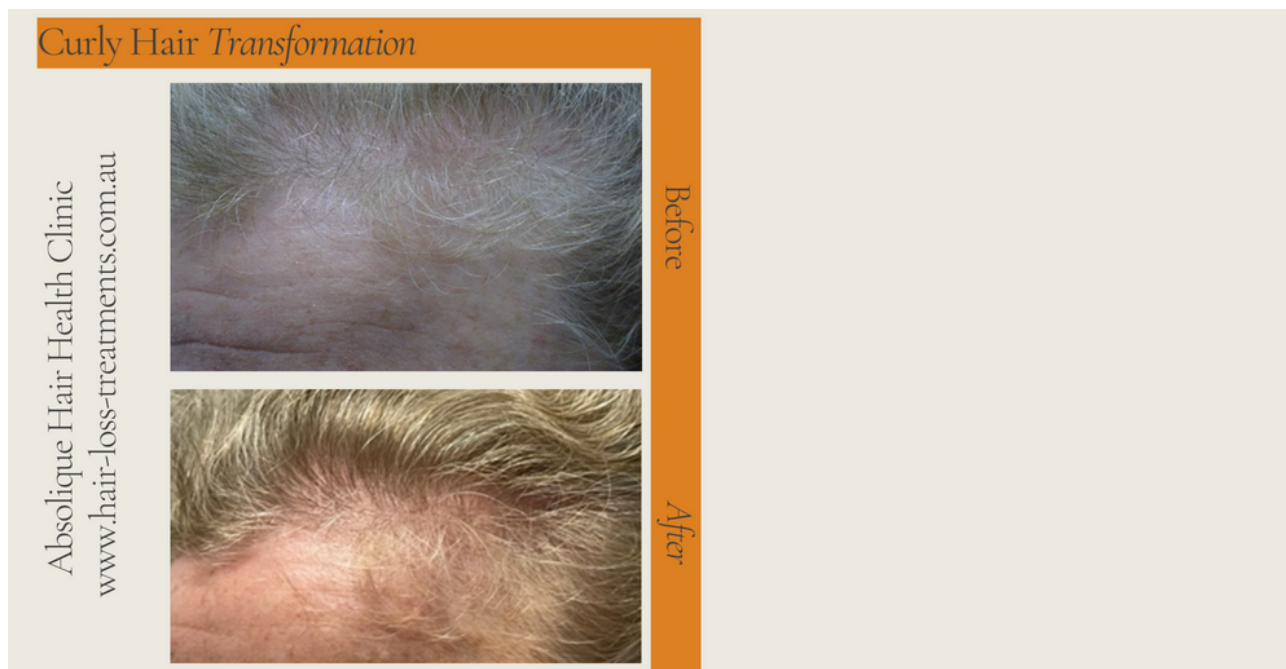
Absolique Trichologist will always explain how to address underlying causes and contributing factors such as:

- DHT (dihydrotestosterone)
- Nutritional lows
- Hereditary factors
- Hormonal factors
- Environmental factors
- Free radical effect

[Watch the article video on our YouTube channel:](#)
[@CarolynFrostTrichologist](#)

Curly Hair Losing Curl

What do you do when your hair has lost its curl?



When hair is not growing to its normal hair type from diffuse hair loss and diffuse hair thinning, hair structure can change. Curly hair losing its curl is one of the signs.

Many clients coming to me for help with hair loss and hair thinning report 'my hair has lost its curl'.

Curly hair falling out – Hair loss curly hair

Curly hair is a genetic hair type. Curly hair has the same hair cycle as straight hair. But it is what is held in the hair cortex that depicts the hair curl mainly from genetic factors.

Disulphide bonds play a role here. When the hair shaft, the hair strand, is not growing to its genetic shape, you can lose the hair shaft cortex. With this hair strand hair thinning, the disulphide bonds are not forming, which can be hair has lost its curl following hair loss curly hair. Demonstrate disulphide bonds and how they break with hair thinning, cellular damage.

Curly hair thinning on top

Curly hair is also subject female and male pattern hair thinning which is hair thinning on top. This type of hair thinning is a gradual miniaturisation and can also change the hair texture. Curly hair can become frizzy, wiry hair, hair that does not behave normally. When curly hair thinning on top is also curly hair losing curl, check for pattern hair thinning.

Curly hair not growing

A sign of disturbed hair cycle is curly hair not getting any longer. This can be the hair cycle not working, along with hair thinning and hair breakage. Curly hair not growing should spark some investigation into hair loss and hair thinning.

Hair growth for curly hair

Hair growth for curly hair is focused on cellular function, get the hair to grow to its genetic hair type and the curl will return.

Absolique hair health clinic Trichologist can help with this. Once we find and address underlying causes, hair growth for curly hair is possible and the natural curly hair can return with some targeted hair growth treatment.

Hair growth products curly hair

Curly hair needs special type of hair care, some follow the curly girl method and other special treatments. When helping with hair growth, we may need to incorporate some scalp hair growth treatment along with curly hair treatment.

It is possible to treat both scalp and curly hair at the same time, we may just need to introduce some new hair growth treatment techniques.

Absolique Trichologist – helping curly hair losing curl

Absolique Trichologist from Absolique Hair Health Clinic has helped many with hair regrowth and regaining their curly hair. We can incorporate hair growth treatment while maintaining your precious curls.

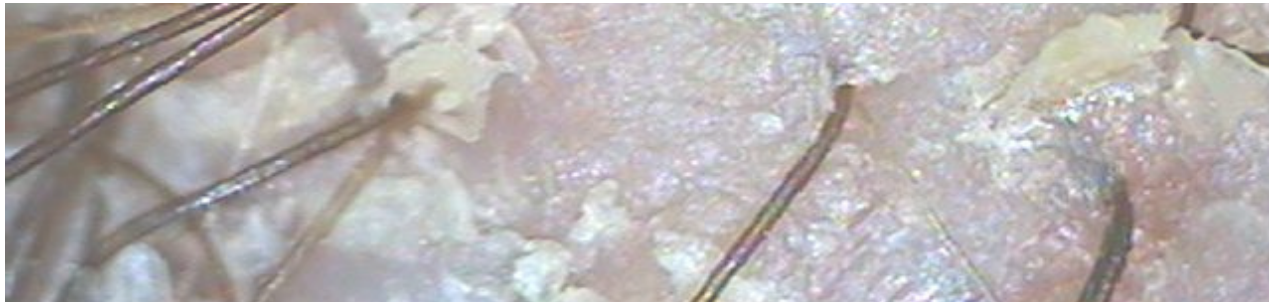
If your curly hair is losing its curl, reach out to Absolique Trichologist to get to the real underlying cause. You may save thousands of dollars on hair product trying to regain your curl. Topical hair growth for curly hair has to come from a cellular level.

[Watch the article video on our YouTube channel:](#)
[@CarolynFrostTrichologist](#)



Winter Scalp

Seasonal Dry Flaky Scalp



This article is to help you prepare for winter scalp, especially if you experience seasonal dry flaky scalp. Seasonal dry flaky scalp is due to the weather change, drop in temperature, no humidity dry and cold air, big weather change for Brisbane and many places in the world when winter comes along.

Seasonal dry scalp causes, flaky scalp causes, itchy scalp causes

Dry scalp, flaky scalp and itchy scalp causes can vary over winter, but the most common are more heating, less sun exposure, different foods and therefore diet changes and less fluid and water consumption. Look for seasonal nutritional lows and deficiency. Winter can bring lowered immunity, more colds and flu, also challenging our immunity. In winter we can get dehydrated too, we still need to drink enough water. The cooler weather also increases our need for Essential Fatty Acids and Vitamin D.

If you have not had blood tests since last winter it is a good idea to check your levels to ensure nutritional sufficiency to support winter scalp and immunity.

Dry flaky scalp – Dry scalp treatment

The dry flaky scalp can feel tight, like there is a cap on the head and you will notice dry fine scale flaking off the scalp easily.

Most Absolique clients will already be using some type of scalp cleanser, but you may need to change the type of scalp cleanser or add back an Activance leave in scalp treatment or even add a scalp exfoliant dry scalp treatment during winter.

Dry flaky scalp needs moisture

Activance calming shampoo used as a scalp soak will safely clean and calm the scalp. The calming scalp soak is soothing and retains scalp moisture while cleansing ready to be resealed with Activance Clinician or Densify range. For stubborn dry flaky scalp add scalp exfoliant as a prewash scalp treatment.

Scalp psoriasis treatment

Psoriasis is an autoimmune and environmental skin condition causing patchy scalp scale on a reddened base from inflammation. For many it can be worse in winter along with our general lowered immunity.

-

Depending on the type of scalp psoriasis, dry red psoriasis or oily base psoriasis (seborrheic dermatitis), I would choose either Activance calming or balancing shampoo as scalp soak, again followed by Activance leave in treatment.

Itchy scalp treatment – with flaky scalp

Here you would add scalp brush therapy and scalp exfoliant as prewash treatments for instant relieve, chose the right scalp cleanser and most important, always seal and protect the scalp again with the Activance leave in spray, focusing on the scalp.

Itchy scalp home remedy

All recommendations from Absolique Hair Health Clinic Trichologist, are to be done at home. Start with your scalp treatment regime with your hair washing routine every second day. Once things are more stable with the scalp you can drop back to three times a week.

It is important not to do less than three scalp washing days when treatment the scalp with scalp treatments for scalp relief. When suffering scalp conditions, it is essential to treat it regularly, once it has passed you can go back to twice a week.

Always keep shampoo and conditioner off the scalp during these times, you cannot treat both hair and scalp with one product unless hair is shorter than 10cm.

Itchy scalp with bumps – scalp pimples

An itchy scalp with bumps is usually scalp pimples, the result of the scalp oil gland (sebaceous gland) producing more oil. The body will produce more oil when it is low on oil so top up your EFA (Essential Fatty Acids) and take at least RDI (Recommended daily intake) of vitamin D a day which is 4000IU (International units).

Trichologist recommendations – winter dry itchy scalp relief

As Absolique Trichologist I can help you to choose the right scalp preparation, scalp cleanser and leave in scalp treatment for your individual scalp symptoms. I can also help with taking the right supplements, making them absorb and reading your blood tests to make sure you take the right amount, not too much or too little.

Please don't scrub the scalp with anything, it can damage the intrinsic scalp skin barrier. Breaking the scalp surface by scrubbing or scratching can leave the scalp open to bacteria and cause infection.

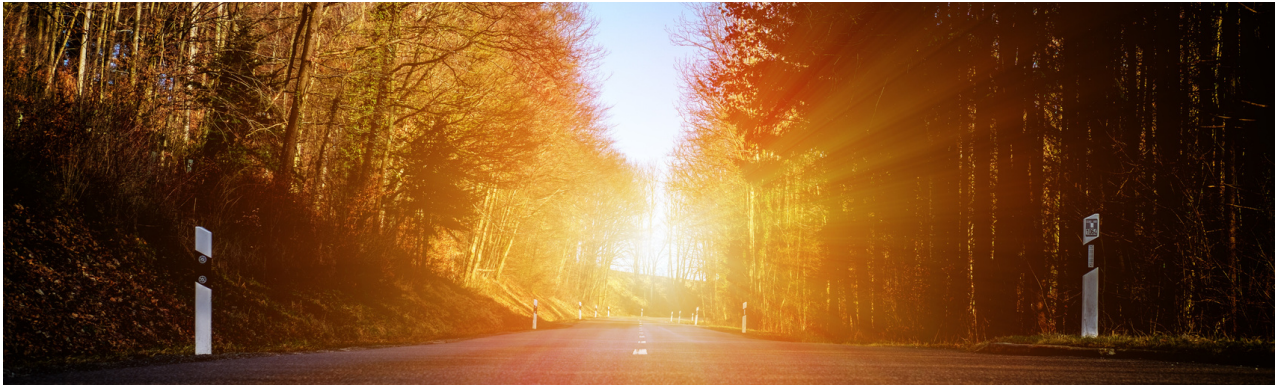
Scalp cleanser

Always use a safe scalp cleanser following scalp dry brushing. If you leave the scale and oil remnants from scalp brush therapy on the scalp, it can make the scalp irritated or itchy.

Absolique scalp cleanser is one of our most popular products. Leaving the scalp clean and fresh, using scalp brushing and scalp cleansing can be life changing for clean hair and scalp and safe hair loss treatments.

[Watch the article video on our
YouTube channel:
@CarolynFrostTrichologist](#)

Team News



"Thanks so much for your help with everything Carylton – I am still in absolute awe of your depth of knowledge and level of care – extraordinary really.

I used the Scalp Brush Therapy and the Scalp Cleanser and Soak last night, along with the Shampoo, Conditioner Activance Clinician too. The results are already incredible – my hair and scalp have not felt this good – ever.

I cannot tell you how excited I am to commence this journey with you and Absolique"

Rachel, 53, Finance

As we continue to fly through 2023, the team at Absolique have been busy in clinic and in the salon assisting you on your hair and scalp treatment journeys.

A special mention to Tessa, who after 8 years of being a valuable member of the team at Absolique, has moved onto a different career path.

We wish you all the best in your new journey and thank you for your friendship and the time you have spent at Absolique.

"This is not goodbye, this is see you later!"

We are always grateful for the time given from our clients at Absolique to provide us with positive feedback like this.

Good or bad, your feedback helps us provide you with the environment and service that you as Absolique clients deserve.

To leave us a review, follow this link:
<https://g.page/r/CXEEMErXJLIAEBM/review>