

## **HAIR CUTTING INSTRUCTIONS**

### **1. SHAMPOO YOUR HAIR THE SAME DAY, OR THE DAY BEFORE SAMPLING IT.**

Ideally, shampoo it, let it dry, and cut the sample right away, or no longer than 24 hours. Use a plain shampoo if possible. Preferably do not add conditioner or any other products on the hair after washing it on the day you will take the sample. AVOID sending dirty, sweaty or greasy hair.

If you wash your hair with baking soda or take frequent epsom salt baths, please stop at least a week before taking your hair sample.

If you use Selsun Blue or Head and Shoulders shampoo, please make a note of that on your health history forms.

### **2. CUT HAIR FROM ANYWHERE ON THE HEAD AND AS CLOSE TO THE SCALP AS POSSIBLE.**

It matters little where on the head you cut it. The way to avoid bald spots is to cut several small samples and combine them. If you cannot use head hair, the second best is beard hair. Underarm is ok also. Please do not send in pubic hair as it is not as accurate.

### **3. SET EACH SAMPLE DOWN ON A DESK OR TABLE. MEASURE ABOUT 1 INCH OR 2 CENTIMETERS FROM THE CUT END NEAR THE SCALP. CUT OFF AND DISCARD ANY HAIR THAT IS MORE THAN ABOUT 1 INCH OR ABOUT 2 CENTIMENTS LONG FROM THE SCALP END.**

Shorter hair is excellent, and the shorter the better, in fact. AVOID SENDING HAIR THAT IS LONGER THAN 1 TO 1.5 INCHES LONG. Also do not send hair cut from the ends of long hair. It will skew the results.

*If you shave your head* cut hair with a clean electric razor. Save the clippings in a paper envelope and then razor cut it again in a week or so, and repeat perhaps a few times until you fill a tablespoon with hair.

### **4. SEND ENOUGH HAIR.**

The lab requires 125 mg of hair. **Please completely fill a**

**tablespoon with hair.**

Then place the hair sample in a clean envelope and write your name, age and gender on it. Please do not place hair in a plastic bag or aluminum foil.

**5. PRINT YOUR NAME, AGE AND GENDER ON THE HAIR SAMPLING ENVELOPE.**

**TINTS AND DYES.** These rarely affect the test because they do not contain any minerals. Therefore, you may sample dyed hair. Ideally, take a hair sample before dyeing your hair.

**PERMANENTS OR BLEACHED HAIR.** These treatments somewhat alter the structure of the hair. Sample the hair before a treatment or Wash the hair for at least a few weeks before sampling the hair.

**IF YOUR HOME HAS A WATER SOFTENER.** Before sampling hair you must shampoo it four times with unsoftened tap water or reverse osmosis water from the supermarket.

**6. WE WILL EMAIL YOU THE LAB ORDER FORMS AND INSTRUCTIONS ON HOW TO MAIL YOUR HAIR SAMPLE DIRECTLY TO THE LAB.**