

HAIRS TO YOUR HEALTH, LLC

Hair Sample Instructions

Please follow the below instructions closely as it is important that the sample not be contaminated to ensure the integrity of the analysis.

Hair Preparation

Supplies – shampoo

Wash your hair with a mild soap and let your hair dry for 4-20 hours. **The hair must be dry when sampled.** DO NOT USE CONDITIONER. GEL OR HAIR SPRAY. DO NOT WASH YOUR HAIR WITH SELSUN BLUE AS IT CONTAINS A HIGH LEVEL OF ZINC AND WILL DISTORT THE TEST RESULTS. IF YOU COLOR YOUR HAIR, TAKE YOUR HAIR SAMPLE AFTER YOU HAVE WASHED YOUR HAIR AT LEAST 10 TIMES SINCE APPLYING THE COLOR.

Hair Sample

Supplies – stainless steel scissors and hair sample weight scale

Bend the ends of the hair sample weight scale with the “HAIR SAMPLE WEIGHT SCALE” and circle with “X” facing up. When the hair is completely dry, using clean, stainless steel scissors, take several small snips of hair as close as possible to the nape of the neck.

- For short hair – 1 ½” length or less, use entire sample.
- For long-hair – over 1 ½” length, cut off hair and use the 1” – 1 ½” closest to the skin. Discard the rest.

Place the snips of hair onto the weight scale in the circle until the scale tips to the other side. Once the scale tips, there is an adequate amount of hair for the lab to perform the analysis. (Instructions are also provided on the back of the scale and well as on the back of the Order Form.)

Place the hair in the hair sample envelope (small envelope) and seal the envelope.

Mailing the Hair Sample

Supplies – sealed hair sample envelope (small envelope), the Analytical Research Labs, Inc. Order Form, and a stamp.

Complete ONLY Part 2 of the **Order Form** and the front of the **Hair Sample Envelope**.

Place the **Hair Sample Envelope** into the **Order Form/Envelope**. Place a stamp on the envelope and mail.

Hair Mineral Analysis Results

Results are expected to be received within 3 weeks from the date that Analytical Research Lab, Inc. receives the hair sample.