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**How To Take A Hair Sample - Instructions**

**For accurate hair readings, the hair sampling procedure is important.
Please read and follow these directions exactly.**

**Follow These Steps For Taking A Hair Sample Correctly**

* **Print the client’s name and age**
	+ Write legibly and put the age on the hair sampling envelope.
* **Shampoo your hair the same day or the day before sampling it.**
	+ Shampoo it and let it dry then take the sample right away.
	+ Use a plain, simple shampoo.
	+ **Avoid Selsun Blue Shampoo.** This contains a toxic form of selenium. A better dandruff shampoo, if needed, is *Head N’ Shoulders.*
	+ Use a plain, simple shampoo.
	+ Do not add conditioner and definitely do not place any other products on the hair after washing it on the day you will take the sample.
	+ Do not send dirty, sweaty or greasy hair as your sample.
* **Cut the sample from anywhere on the head.**
	+ It does not matter where on the head you cut it.
	+ To avoid bald spots, cut several small samples from different areas on the head and combine them.
	+ If you cannot use head hair, the second best choice for men is beard hair.
	+ You can also use pubic hair, although it is not quite as accurate.
	+ Avoid combining hair from different parts of the body in one hair envelope.
* **Cut the hair samples as close to the scalp as possible.**
	+ Once you have cut the hair sample, set then down.
	+ Cut off any hair that is more than about 1 inch, or about 2 centimeters long.
	+ Shorter hair is excellent, and the shorter the better, in fact.
* **Do not send in hair that is longer than 1 - 1.5 inches long**
	+ Do not send in hair that is cut from the ends of long hair.
	+ Cut the sample from close to the scalp.
* **Place the hair sample in a the small white envelope provided**
	+ If you do not have one, place it in a clean, paper envelope.
	+ DO NOT SEND HAIR IN PLASTIC BAGS
	+ DO NOT SEND HAIR IN ALUMINUM FOIL.
* **Send enough hair**
	+ The lab will require **125 mg** of hair.
	+ If you have the paper scale provided from the lab, it must tip for you to have enough.
	+ If you do not have the paper scale provided, then completely fill a tablespoon with hair.
* **Hair Salon For Cutting A Sample**
	+ If hair will be sampled by your hair stylist, make sure to print out and give the stylist these instructions.
	+ Many stylists cut the ends of the hair, which is incorrect and will not give accurate results.
* **IF YOUR HOME HAS A WATER SOFTENER...**
	+ Before sampling hair you must shampoo it twice with either unsoftened tap water or preferably reverse osmosis water from the supermarket.
* **Tints and Dyes**
	+ If possible, take a hair sample before dying your hair.
	+ Tints and dies do not affect the test because they do not contain any minerals so you may sample dyed hair.
	+ Ideally do not dye your hair as all, because hair dyes contain some chemicals.
	+ If you want to dye your hair, use only a natural hair dye.
* **Permanents Or Bleached Hair**
	+ These treatments alter the structure of the hair somewhat.
	+ Sample the hair before a treatment or wash the hair 10 times after a bleach or permanent treatment before sampling the hair.
	+ Dyed hair can be used IF it is after 10 washings AND 4 to 6 weeks after the hair is dyed.
* **Shaved Head Hair Samples**
	+ If you shave your head, then cut with an electric razor what you can and save it in a paper envelope.
	+ Then razor cut it again in a week or so.
	+ Repeat a few times until you fill a tablespoon with hair or when you have enough to tip the scale if you have a paper scale to weigh hair.
* **Pubic Hair Samples**
	+ Pubic hair in adults can be used.
	+ Pubic hair grows at a slower rate so the results are usually a little higher in the pubic sample.
	+ The first sample is more a baseline report, the recheck is a current reading due to all new pubic hair growth.
	+ Cut the pubic hair as close to the skin as possible for the sample and send in the same amount as you would for a hair sample.
	+ Pubic hair will show a higher level of phosphorus than head hair.

**Videos To Watch About Hair Sampling**

**How To Take A Hair Sample**(48 seconds) <https://www.youtube.com/watch?v=U-FVuspRg2Y>

**Collecting A Hair Sample for HTMA - Long Hair**
(1:07 minutes) <https://www.youtube.com/results?search_query=Collecting+A+Hair+Sample+for+HTMA+-+Long+Hair>

**How to Cut a Hair Sample on a New Client with Medium to Long Hair**
(4:03 minutes) <https://www.youtube.com/watch?v=U-FVuspRg2Y&t=39s>