

How to Cut A Hair Sample

We need about a tablespoon of hair. A little less will do if you do not have a lot of hair to give. The hair on the back of the head often grows fastest and is easiest to sample.

Hair preparation:

Make sure your hair has been washed, preferably with a mild soap or with shampoo, within 48 hours. Using a conditioner or rinse is okay, but it would be best to just use soap or a very mild shampoo for the best results. Do not place other products on the hair just before cutting the hair sample such as hair cream, hair spray or others.

Tints, dyes, color rinses (such as henna) and highlighting:

These can be on your hair when you cut a sample for analysis. We are aware that some laboratories do not allow these products or hair treatments when taking a sample for a hair analysis.

However, we find that they usually do not affect the test enough to force you to wait for weeks to send in your sample. In fact, most tints, dyes and rinses do not contain many minerals so they will not affect the test at all. The more natural the hair, however, the greater the accuracy.

Bleaches and Permanents:

After a bleach or permanent, especially a beauty parlor permanent, wash your hair four or five times before sending in a sample as these affect the hair structure and may have more effect on the test results.

Hair Cutting Procedure:

Cut several small snips of hair as close as possible to the scalp. You may cut the samples from along the sides, top or back of the head. Place the samples on a clean table with the cut end facing you. Now cut off any long ends of hair that are over 1 inch (or about 2 centimeters) long. The long ends of hair are older and are not as good for sampling. The new hair, near the scalp, is much better.

You will have enough hair when the 1-inch cut samples will fill an ordinary tablespoon. Combine these and place in a clean, paper envelope although a plastic bag will do. Write your name, age and date of sampling on the envelope.

Do not use pubic hair, as it is less accurate, unless you have no other option.

Place sample of hair in a small envelope. DO NOT SEND IN PLASTIC BAGS.