

## Balancing By Nutrition - HAIR SAMPLE CUTTING PROCEDURE

**Please follow instructions below closely. This is important for an accurate test result.**

We need about a full tablespoon of hair. The hair on the back of the head is easiest to sample. However, any part of the head may be used and you may use beard hair

### Hair Preparation:

Make sure your hair has been washed, preferably with a mild soap or with shampoo (do not use conditioner), within 48 hours. Do not place other products on the hair just before cutting the hair sample such as hair cream, hair spray or others.

Bleaches and Permanents: After a bleach or permanent, wash your hair four or five times before sending in a sample. The chemicals used can affect the hair structure. However, the hair will recover after several washings, as a general rule.

### 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.**

### IMPORTANT

You will have enough hair when the 1-inch cut samples will fill an ordinary tablespoon.

- 1) Place the hair sample in a clean, small paper envelope.
- 2) Write your name, age and date of the hair sample on the envelope.
- 3) Place the, **a.)** Small envelope hair sample along with the **b.)** Signed ARL Order Form and **c.)** Symptom form in a regular size envelope.

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