



The Do's and Dont's of Taking a Good Hair Sample.....

Hair testing can be expensive. We want to make sure you have the most accurate results!

Don't - use a water softener. Using water that has been softened will cause false elevations of sodium, magnesium, and/or potassium. **The test will be invalid.** If you have softened water, you must shampoo it twice with either unsoftened tap water/well water or distilled water. This can be done in one day or over a period of 2 days. I know this might not be convenient, but this is step that cannot be skipped!

Don't - use Epsom salt baths prior to cutting your hair sample. Epsom salts contain magnesium sulfate and submerging the hair prior in an Epsom salt bath will drastically raise the magnesium falsely in your hair test. Avoid any Epsom salt baths for 1 week prior to cutting a hair sample.

Do - use a plain, simple shampoo/no conditioner. Avoid Selsun Blue shampoo and other dandruff shampoos. Selsun Blue contains a form of selenium and Head & Shoulders contains a form of zinc. Both will alter the levels of selenium and zinc on your hair test. We recommend stopping either of these shampoos for 7 days before taking your hair sample.

Do - shampoo your hair the same day or the day before sampling it. Hair must be clean, no dirt, no sweat, or greasy hair samples. If you wash your hair the same day, wait around 4 hours to take the sample but not longer than 24 hours.

Don't - use conditioner on your hair after washing it on the day you will take your hair sample. No styling products, no leave-in conditioners.

Do - make sure that your hair is completely dry before cutting your sample because required sample size is based on dry hair not wet.

Do - keep track of which end of the cut hair is from the scalp. Only submit the 1 - 1.5 inches of hair that was directly against your scalp. Cut the hair as close to the scalp as possible. The hair nearest to the scalp is the most important, it contains your body's current HTMA pattern. Discard older hair. Do not send in hair that is longer than 1 - 1.5 inches long. To avoid bald spots, cut several small samples from different areas on the head and combine them. Please see our [video](#) for instructions.

Do - use pubic hair or fingernails if head hair is not available. Pubic hair will show a higher phosphorus level. Pubic hair has also been on the body longer than scalp hair. Results from your hair test will provide information about your mineral status from a longer period of time, possibly 6 months or more. (This is also true for fingernails). Scalp hair is best and will give you more accurate levels of your current minerals because the hair has just grown out from the scalp.

Don't - combine hair from different parts of the body in one hair envelope.

Don't - please do not pull hair from the roots of your head. This is not necessary. The lab does not need the hair follicle and they are not able to use it for testing.

Don't - use hair from hairbrushes or combs. This is often older hair and there is no definite way to tell what end came from the scalp.

Do - place the hair sample in the small white envelope provided.

Don't - store or send hair in plastic bags or aluminum foil. No paper clips or hair clips.

Do - use the paper scale from your kit will help ensure you have the correct amount. The lab will require 125 mgs or 1 heaping teaspoon of hair.

Hair coloring, Bleaching, Foiling, Highlighting, Perming

Do - if possible, take a hair sample before coloring, highlighting, bleaching, or perming your hair. This is always best. Hair color does not affect the test because hair color does not contain any minerals, so you can still take a hair sample.

Don't - take your hair sample if you have used henna or Grecian formula. Henna can contain metallic salts which can contain heavy metals. Grecian formula contains lead. Both are bad for your health and your hair sample. **Both products will make your hair test invalid.**

Do - try to take your hair sample before perming, bleaching, or highlighting. If the sample cannot be taken before these services, the hair **must be washed 10 times** after any of those hair services before cutting your sample. This allows the hair cuticle to relax. Perming and bleaching alter the structure of the hair.

Order your HTMA [here!](#) Need help interpreting your results, order a consultation [here!](#)