

## HAIR TISSUE MINERAL ANALYSIS - INSTRUCTIONS FOR SAMPLE COLLECTION

**Sampling:** Hair should be clean and dry when it is being collected. The sample should be collected between 4 to 48 hours after washing. For best results hair should be in its natural condition. However if your hair has been treated with bleach, perm or dyed please ensure that your hair has been washed at least 4 times since the treatment salon treatment; please make a note when sending the sample, making sure that you indicate your hairs' natural colour such as, Black, Brown, Blonde, Red or Grey

**Sampling Location:** Head Hair taken from the nape of the neck will provide the best sample (a couple of inches above the neck collar line as shown below). The growth of the hair is relatively steady and should give good consistent results.

**Alternative supply of hair:** If head hair is unavailable, pubic hair or other body hair may be used. The growth pattern here is usually varied and sporadic, but produces adequate results. *Please note that sampling from the head and other parts of the body should not be mixed together.*

**Equipment Needed:** A standard comb and a regular stainless steel scissors are all that is basically needed. For short hairs thinning shears may be used to keep from disturbing the hair style as much as possible. With long hair a hair clip or pin may be also be useful to hold loner hair back as shown below.



**Cutting a Sample:** (*You may find it easier if someone helps you do this.*) Comb and lift a section of the hair at the nape of the neck. Either pin or clip the section or have the patient hold it up out of the way. Separate a small section and cut the hair off as close to the scalp as possible.

**For short and very short hair** which is 1.5 inches or less, use the entire sample.

**For long hair** which is over 1.5 inches in length, cut off and use 1 to 1.5 inches of the hair from the end that was next to the scalp. Discard the rest as shown above.

**How much hair is required? About 2 or 3 clumps as shown above** are required. If the scale referred to below has not been provided (as in an email or telephone order) you will need enough to fill about a tablespoon, especially if your hair is short.

**Weighing the Sample** (if I have sent you a card scale): Set up the card weight scale provided, following the instructions printed on it.

Place the small samples inside the circle on the card, continue until the scale tips, indicating that the correct amount of hair has been collected.

Put the hair into the small collection envelope provided or in a new clean envelope, write your name and requested details on the front.

**Return the sample to us together with your payment and registration form to:**

NATURE SYSTEMS, 3 St Andrews Drive, Thurso, Caithness, Scotland UK, KW14 8QA

Please make your cheque payable to **"Nature Systems" (UK orders only)**

**For further information please call +44 (0)1847 893445.**

**Results** will be available in about four to five weeks from receipt of sample and cleared funds.