

Requirements For Submitting a Hair Sample

The accuracy and reliability of the test results and interpretation is based upon the laboratory receiving a properly collected hair sample that is clean and free from external contaminants. The ideal hair sample should be collected prior to subjecting the hair to any treatments such as bleaching, permanents, or dyes.

If you dyed your hair wait at least 4 weeks before mailing and wash the hair two times and the hair must be dried for at least 4 hours. Do not use hair sprays, hair creams, gels or oils. If your hair was not dyed the hair should be washed within 24 hours of sampling and must be dry for at least 4 hours after shampooing as well.



There are several cautions and concerns regarding hair products. Most shampoos, rinses and conditioners do not contain metals and will not effect the accuracy of the analysis. However, medicated shampoos of concern are Selsun Blue(selenium) and Head and Shoulders(zinc). Grecian Formula contains lead and iron.

The hair sample should be cut as close to the scalp as possible and should be a maximum of 1.5 inches in length. The distal end of the hair longer than 1.5 inches should be discarded.



The recommended location for collection would be the nape of the neck.

Do not place hair samples in plastic baggies or aluminum foil. It's best to use either a **small paper envelope** or make one using printer paper and tape but do not tape or staple the hair sample. Just let it loose in the envelope.

Do not mix different types of hair such as head hair with pubic hair or beard hair in the same sampling envelope. We strongly recommend using head hair only due to its consistent rate of growth. Pubic and other body hair should only be used if sufficient head hair is not available.

If you have any questions contact us at: BodyBalancedHP@protonmail.com