

HAIR TISSUE MINERAL ANALYSIS • HTMA

How to take the *perfect* hair sample.

A short, careful guide to collecting a sample that truly reflects what's happening inside your body — not what's on it. Five minutes of preparation makes the difference between a noisy result and a meaningful one.

PREPARED FOR
OUR HTMA CLIENTS

READING TIME
~ 6 MINUTES

§ BEFORE YOU BEGIN

A good sample is half the *analysis.*

Getting your hair sample right is essential. A properly taken sample ensures your results reflect what's happening **inside your body** — not contamination from the outside.

Even small mistakes can affect your results, so it's worth taking a few extra minutes to do this properly. The more accurate your sample, the more useful and reliable your HTMA results will be.

YOUR SAMPLE NEEDS TO —

- 01 Reflect your internal mineral status.**
Not external residue from products, water or environment.
- 02 Represent your most recent activity.**
The hair closest to the scalp is the freshest record of you.
- 03 Provide the right amount and length.**
Around one tablespoon, no longer than 3.5 cm.
- 04 Be clean and properly stored.**
Sealed in a paper envelope — never plastic or foil.

A NOTE ON TIME

Set aside about **10–15 minutes** across two sittings: a wash, then a 4–24 hour wait, then the cut and packaging. Don't rush this part.

01

STEP ONE

Prepare your hair.

Start with clean, untreated hair so the sample reflects you — not your shampoo, your salon, or your shower water.

DO THIS

- **Wash** your hair with a plain, non-medicated shampoo.
- **Dry** your hair completely — air dry or blow-dry is fine.

AVOID

- Do not use **conditioner**.
- Do not apply **styling products** after washing.
- Avoid **medicated shampoos** unless necessary — note it on your questionnaire if you use one.

SPECIAL SITUATIONS

Baking soda or Epsom salt baths	Stop at least 1 week before sampling.
Anti-dandruff shampoo (Selsun Blue, Head & Shoulders)	Fine if needed — but switch to a plain shampoo for at least 3–4 washes beforehand, and note it on your questionnaire.
Hair colouring — partial	Sample from untreated areas .
Hair colouring — full	Sample before colouring, or after 4 washes .
Permed or bleached hair	Sample before treatment, or wait at least 3 months for fresh growth at the scalp.
Heavy sweating, sauna, exercise	Wash and dry your hair before sampling.
Water softener at home	Wash your hair 4 times with bottled or unsoftened water first.
Occupational exposure (mining, welding, etc.)	Sample on a day you are not exposed .
Using a hairdresser	Print or share these instructions so the sample is taken correctly.

02

STEP TWO

Cut the hair sample.

Wait until your hair is dry and settled, then cut from the nape — small sections, close to the scalp.

TIMING

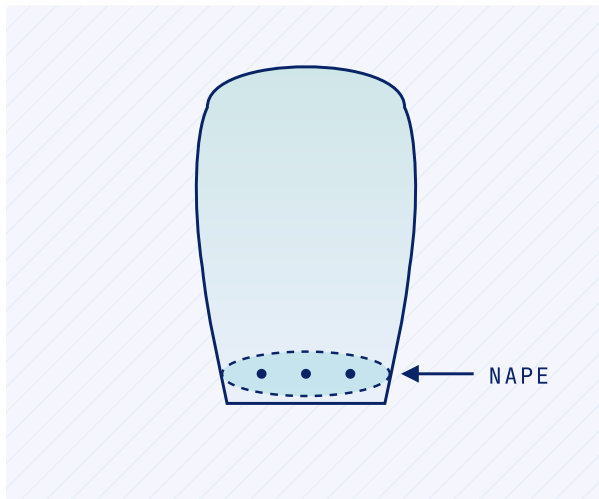
Cut your hair **4 to 24 hours** after washing and drying. Long enough to settle, short enough that nothing else has touched it.

HOW TO CUT

- Use **clean scissors**.
- Do **not** use electric clippers or any cutting device lubricated with oil — including mineral oil — as these contaminate the sample.
- Take hair from the **nape of the neck** (preferred — less noticeable).
- Lift small sections and cut as **close to the scalp** as possible.

HELPFUL TIP

Take **several small cuts** rather than one large chunk, then combine them into a single sample. You'll avoid visible gaps, and you'll capture a sample that better represents recent hair growth and mineral activity.

*Where to cut*

The nape of the neck gives you fresh hair that's hidden by the layers above — so the sample is invisible to anyone, including you. Aim for the area between the hairline and a thumb's width up.

IF HEAD HAIR ISN'T AVAILABLE

Alternative sources, in order of preference.

Use only **one type** of hair for your sample. If you're not using head hair, note the source on your questionnaire.

<p>01 • Preferred</p> <p><i>Beard hair</i></p> <p>The closest substitute to scalp hair for most people.</p>	<p>02 • Preferred</p> <p><i>Underarm hair</i></p> <p>A reliable second choice when head and beard aren't options.</p>	<p>03 • Acceptable</p> <p><i>Pubic hair</i></p> <p>Useful when other sources aren't practical — particularly informative for toxic-element exposure, and for overall cellular mineral balance when read by an experienced practitioner.</p>
--	--	--

IF YOU SHAVE YOUR HEAD

Use a **clean razor** for a dry shave. Collect the clippings into a clean, dry **paper envelope**. Repeat over days or weeks until you have enough — store between sessions in the same envelope.

03 STEP THREE Prepare the sample.

<p>MAXIMUM LENGTH</p> <p>3.5 cm (1.5 in)</p>	<p>AMOUNT REQUIRED</p> <p>1 tablespoon (~125 mg)</p>
---	---

WHAT TO DO

- **Short hair** (≤ 3.5 cm) — use the full length.
- **Long hair** — cut and keep **only the section closest to the scalp**. The scalp end reflects the most recent mineral activity in your body, and is the part the lab needs.



PACKAGING

A clean paper envelope.

Place the hair into a **paper envelope** — never plastic bags or foil. Clearly write your **name** and **age** on the front, then seal it.

04

STEP FOUR

Send your sample.

You'll receive your **ARL Laboratories** lab order form along with instructions for sending your sample. Follow those instructions and post it to the address specified.

COMMON MISTAKES

Avoid these and you're set.

- ✘ Using **conditioner** or styling products before sampling.
- ✘ Sending hair that is **too long**.
- ✘ Including the **wrong end** of the hair — the scalp end is required.
- ✘ **Mixing** hair from different body parts.
- ✘ Using **plastic** instead of a paper envelope.
- ✘ Sampling too soon after **colouring, perming or bleaching**.
- ✘ Not **washing out** water-softener residue.
- ✘ Cutting with **oiled clippers** instead of clean scissors.



FINAL TIP

Take your time. Each step matters.

A well-prepared sample leads to more accurate ARL Hair Tissue Mineral Analysis results — and to clearer, more useful insights into your health. The few extra minutes you invest here are the most important minutes of the whole test.