



### Instructions for Collecting Remote Samples

With the remote kit, I only need **A HAIR OR NAIL sample, not both**. If you do not have enough hair or your hair is treated (perms, colored, etc), then please provide a nail sample.

#### • HAIR •

The hair sample needs to be a decent amount: 40-45 strands at least 1-inch of hair from the base of the neck area. Once cut, please place in bag and fill out the label accordingly.

#### • NAILS •

Cut ***at least*** FIVE FULL NAILS (no polish on them) from your fingers AND/OR toes.

Once cut, please place in bag and fill out label accordingly.

***\*\*BE SURE TO PROVIDE NAIL SAMPLES THAT ARE FREE FROM CLEAR OR COLORED POLISH\*\****

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### Instructions for Paperwork

- Be sure to fill out the paperwork that was emailed to you and send it back to Sarah Roth via USPS mail with your sample or scan and email it to [ardorwellnesshealing@gmail.com](mailto:ardorwellnesshealing@gmail.com).
- Make sure your name, date of birth, and date of sample collection are on the collection bag.
- Place samples in the return envelope that is included in your kit. Regular mail is fine for shipping. Overnight shipping IS NOT necessary.