



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****

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.
- ☐ 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.