



# AAAF

Australia Alopecia Areata Foundation Inc.

*Alopecia Areata  
.....it's life changing*

# Donate Hair

**No permanent dye**



**36cm > in length**

[www.aaaf.org.au](http://www.aaaf.org.au)



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## **How to Cut a Ponytail for Donation**

We rely on talented hair professionals like you to properly cut the ponytails and braids that are then donated to AAAF. When cutting hair that is to be donated to AAAF, please follow these simple steps:

- Make sure hair is a minimum of 36cm. Pull curly hair straight for a more accurate measurement.
- Hair must be clean and dry.
- Hair cannot be permed, colour-treated, or highlighted. Temporary colouring or highlights that washout are acceptable.
- Tie hair into at least four sections (six are even better) around the head for a more generous donation. Hair that is pulled into one ponytail or braid results in a loss of up to 12cm of hair. To do so, first make a centre part. Starting from this centre part, part the hair over the top of each ear. This will create four sections of hair. To create four ponytails, tie the hair in front of each ear into ponytails, and then tie the hair behind each ear into ponytails.
- Make sure each ponytail or braid is tightly secured. Hair that is loosely wrapped tends to become loose when shipped, making it unusable. PLEASE be sure hair is tight and secured with several rubber bands.
- Cut hair above rubber band
- Place the hair in a plastic bag or wrap it in tissue paper.

Mail the hair in a sealed envelope (special containers or insurance are not necessary) to: **AAAF - PO Box 376, Nicholson, Victoria, 3882**

As always, we are here to support your work in any way possible. We appreciate your efforts to help children look themselves.

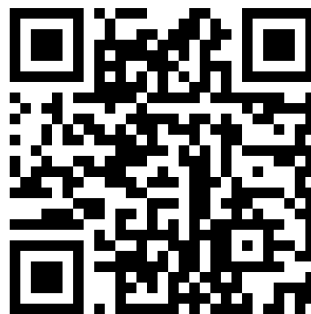


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Got questions?  
Email us at  
[info@aaaf.org.au](mailto:info@aaaf.org.au)

For more information  
about hair donation,  
scan this QR code.



Information accurate as of September 2025