

TOGETHER WE CAN DO MORE!

It's important to us that you know how your donations are being used!

The collected hair is sent to a wig manufacturing company where it is weighed and valued.

PASYKAF subsidises the loan of wigs to people with cancer with the equivalent value of the hair it sends.

The more ponytails that are collected, the more people will be able to borrow a wig during their cancer experience, which is why everyone's participation is so important.

PROGRAM ASSOCIATE:



HEAD OFFICE

2 Chalkanoros, 2000 Strovolos, Nicosia
P.O. Box 23868, 1687 Nicosia, Cyprus

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Nicosia: 22 345 444
Limassol: 25 747 750

Larnaka: 24 665 198
Pafos: 26 222 929

Famagusta:
23 730 460



DONATE YOUR HAIR! GIVE STRENGTH

Together we can do much more!

Program Sponsor: **A.J. VOUIROS** |



We would like to thank you for your intention to donate your hair within to the programme

"I am changing... BUT I'M STILL ME".

Ready to chop off your locks for a good cause? Before you do, please read the hair donation requirements below carefully.

HAIR DONATION REQUIREMENTS

We need hair donations that meet the following requirements:

- **Ideal length 25 cm.**
Donated hair must be at least 25 cm long. Tie your hair in a ponytail with a hair band and measure it from just above the hair band of the ponytail to the ends.
- **No chemical treatment.**
Hair may be coloured with vegetable dyes, colour shampoo or semi-permanent dyes, but it can't be bleached, permanently coloured or otherwise chemically treated.
- **Less than 5% grey hair.**
We know you can't measure the percentage of grey hair, but it would be best if you don't send us any grey or completely white hair.
- **Wavy or curly texture is fine.**
You may straighten your hair to measure.
- Hair must be freshly washed and completely dry, without any styling products.

"There are no restrictions regarding the age or sex. Women and men of all ages can donate their hair."

SHIPPING METHOD



Place the ponytail, kept intact and completely dry, in a plastic bag and place the bag in an envelope. Mail the envelope to PASYKAF, P.O. Box 23868, 1687 Nicosia, Cyprus or deliver it to one of PASYKAF's offices around Cyprus. Please be sure to include a label with your full name, telephone number and email.

HOW TO CUT YOUR HAIR



The hair must be clean (shampooed and/or conditioned) without styling, hairspray or any other hair products.



Gather the hair at the nape of the neck and create a ponytail using a hair band. Ensure the band is tight around the hair to keep the hair together after cutting.



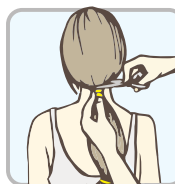
If the hair comes out of the band, it will not be usable. A second hair band can be placed around the middle of the ponytail to keep the hair together after cutting.



Ensure the hair band is just below where you want to cut your hair.



Measure the length of the ponytail from the hair band; make sure the hair is at least 25 cm below the band. Any length shorter than 25 cm is too short to be used, so if your hair is shorter, continue to grow it out. There is no maximum length requirement.



Cut the hair just above the hair band such that the band remains on the ponytail after cutting and keeps the hair together. Do not wash or style the ponytail in any way after it has been cut off.



Place the ponytail, kept intact and completely dry, in a plastic bag.

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