

Non-toxic lice treatment

The Hair:

1. Apply a very large amount of Pantene Conditioner on Dry hair (at least half the bottle – the more the better)
Allow to sit for 45 minutes.
2. Take a **Steel** Nit Comb and comb through 1 inch sections of hair, Do it in a brightly lit area. If you have a magnifying glass it helps.
3. Have a roll of paper towel so that after each comb through you wipe off the comb on to the paper towel and discard the towel into a plastic bag. Tie up the bag and discard immediately after using.
4. After that is complete, rinse and dry hair with a hot blow dryer making sure to aim at the roots of the scalp, but do not concentrate on one area for too long so that you don't burn the scalp.
5. After the hair is dry, you have to go through each section of hair again and manually take out the nits. If you separate the hair into a few strands you can just cut it between the scalp and the nit, Again, place all of this into a plastic bag and discard,
6. For the next week each day you will spray the hair with a detangler and comb through, separating the hair, checking for nits and removing them if there are any left.
7. Make sure that all sports equipment such as helmets, hats and other items worn on the body get cleaned in hot water and dried in a dryer if possible. Encourage your children not to share hats or any other hair equipment.

The House:

1. Change the vacuum bag then vacuum the main areas of the house including sofas and mattress(es), then change the bag again. Discard bag immediately.
2. All bed linens should be washed and dried in hot dryer for 30 minutes.
3. Put all pillows and comforters in a hot dryer for 30 minutes. Any stuffed animals that can take the heat put in the dryer as well. Any fancy pillows, stuffed animals, etc. that cannot take the heat should be bagged for at least 3 weeks.
4. Combs and brushes can be washed and dried with a hot blow dryer or soaked in boiling water but you may want to throw them out and cloth hair things that can't be cleaned are to be thrown out.
5. You may want to change the pillow cases each day for at least a week, especially if you are still finding nits in the hair.

The Car:

Make sure to vacuum out your car(s) thoroughly including all child car safety seats.

**These procedures are time consuming, but have proved to be the best method of getting rid of lice in a timely manner and follow through is the best way to keep them from coming back.*

