



A Heads-up on Safely Treating Lice

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Beware of medicated shampoos, creams, or lotions, which contain pesticides and may not be advisable for babies, children under 110 pounds, pregnant women, or people with chronic disease such as asthma, cancer, or AIDS.

What are safe alternatives to medicated treatments?

Lice can become resistant to repeated treatments with pesticides. Some nontoxic alternatives include:

- Not Nice to Lice
- LiceOut

Do I need to purchase a specialty product?

No. The most crucial part of a lice-removal program is a thorough combing, regardless of shampoo or medications.

Check for and remove all nits by washing, wet combing, and manual nit picking or smothering with olive oil.

Washing, wet combing, and manual nit picking

- Wash hair as normal, preferably with either a coconut oil castile soap with a few drops of tea tree and neem oil (the soap and oils can be found in health food stores) added to the lathered hair or a tea tree oil shampoo made by adding 10 drops of tea tree oil to 1 ounce of shampoo. Apply conditioner liberally.
- Rinse and rewash with this same mixture.
- After rewashing, do not rinse, but wrap a towel around the head and wait for 30 minutes, then rinse.

Continued on
other side



- Comb clean hair through with a normal comb first.
- Then, comb from roots to ends of hair with a metal nit-removing comb, which has close-set teeth. Go strand by strand until all nits (eggs) are removed. Dampen hair as needed. Comb over the entire head for at least 30 minutes.
- Rewash and rinse the hair. Once dry, check thoroughly for any missed nits.
- Repeat the process every few days for at least two weeks.
- As a preventive measure, comb a lice-repellent essential oil through the hair, such as tea tree, neem, rosemary, lavender, eucalyptus, and rose geranium.

Smothering head lice with olive oil (after washing and combing hair) is safe and effective, but can be complicated.

- Lice breathe through holes in their sides. When you cover these holes with olive oil, the lice will die. However, head lice can shut down their systems for hours. Knowing how and when to use a smothering program is essential. Consult your physician.
- The least expensive pumice-grade or restaurant-grade olive oil works best.
- Mineral oil (including baby oil) is not recommended because it can be harmful to mucous membranes.

Cleaning the infested person's belongings and home environment

- Thoroughly clean your child's towels, linens, clothes, hats, and toys by adding a few drops of essential oils. Pillows can be placed in the freezer overnight.
- Wash in hot water, and dry towels and linens on very high heat.
- Place toys and stuffed animals (that cannot be cleaned) in plastic bags and keep sealed for two weeks. This will kill the lice.
- Replace all combs, brushes, and barrettes.
- Vacuum carpets and cars.

References:

www.safe2use.com/nntl/sitemap-n.htm
www.getipm.com/notnicetolice/rpn-article.htm
www.liceout.com
www.headliceinfo.com/faqs.htm

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