

## **HEAD LICE:**

**We stock the following Head Lice Treatment Products at Care Clinic:**

- ❖ Envirocare head Lice Shampoo
- ❖ Lice Scents to Kill – head lice oil
- ❖ Thursday Plantation Tea Tree Head lice Gel
- ❖ Tea tree Water Spray

These products are all naturally derived, and do not contain nasty chemicals – this is particularly important for Children, people who are chemically sensitive, or those with sensitive skin.

## **Other methods of Headlice control that have been shared with us:**

- The Yogi's who regularly attend Ashrams in countries such as India suggest: laying in a bath with your hair submerged for at least 10 minutes. They report that this kills off the live head lice.
- Lather the hair and scalp in thick hair conditioner, cover with a shower cap and leave in place for at least 10 minutes – again supposed to kill off the live lice.
- Massaging the hair and scalp with Olive or Coconut Oil, apparently the lice are unable to maintain their grip on the hair.

## **Can I avoid the Combing?**

Sorry, the answer is NO!!

The lice eggs need to be removed from the hair, or they will remain until they hatch, creating a new round of live Head lice

## **Don't forget:**

- ✓ Treat the whole family at the same time, and repeat the process according to the product instructions.
- ✓ Change your bed linen, and wash all hats and hair accessories on the day you treat the hair.

## **PREVENTION STRATEGY**

- ❖ Use a head lice shampoo according to the instructions once a week.
- ❖ Check your children's hair regularly
- ❖ Long hair should be plaited or tied for school.
- ❖ Don't share hair accessories, hair brushes, combs, and hats.
- ❖ Spray your hair with Tea tree water, it can act as a repellent.