

HOW TO GET RID OF HEAD LICE:

The Beginner's Guide: Non-Toxic & No Pesticides

DAY I

DAY 5

DAY II

Use a nit comb to comb out all live lice and nits. Cover your hair with at least ¼ cup dimethicone, cover with a shower cap and let sit for 30 minutes. Rinse out the dimethicone* using Dawn soap. Blow dry your hair until completely dry. Put all brushes, combs, bows, and hair ties in the freezer for at least 12 hours. Wash all bedding, pillows, stuffed animals, and clothes worn within the last 48 hours in HOT water and place in the dryer for at least 30 minutes on high heat. Vacuum all floors, couches, chairs, and upholstered furniture.

*If you can't find 100% Dimethicone, LiceMD® Pesticide Free contains dimethicone.

After the final treatment on Day 11, apply the LiceFreee Spray® on hair once a week for an additional three weeks.



Find out more information about head lice treatments along with links to products here: icanteachmychild.com/how-to-get-rid-of-head-lice/

HOW TO PREVENT HEAD LICE

- ✓ Blow dry your hair after washing.
- ✓ Do not go to bed with wet hair.
- ✓ Do not share combs, brushes, hats, or scarves with anyone...even family.
- ✓ Use styling gel and/or hairspray.
- ✓ Shampoo using Rosemary, Lavender, and Tea Tree Oils.
- ✓ Use a nit comb to check heads weekly.
- ✓ Keep hair pulled up when in public places.