

The Best Home Remedies For Head Lice

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BRIEF INTRODUCTION

This guide was written for those out there that have tried every single over-the-counter remedy for ridding yourself, or a loved one, of those pesky critters, head lice.

I know, it's tough to get rid of them. Often times, down near impossible it seems. Even prescription remedies don't always work. It seems as if lice have built up a tolerance to most cures. As with most insects. Thereby making it even more of an uphill struggle to kill them.

The information you have in front of you was designed with this in mind. So, if you are someone who has tried everything on the market, and are still coping with this embarrassing, and time consuming problem, then what is to follow will hopefully help you in some form.

It is also here to help you identify head lice without a doubt and know that this is what you are dealing with before moving ahead with any plan of treatment. In addition, it will tell you where they live and breed, which is not always on the head, as most think, so that you can be sure you have gotten rid of the problem once and for all.

Throughout this guide you will be given helpful tips on how to not only rid head lice from your person, but also how to insure that these bugs are not hiding within your home to prevent further exposure having to perform the treatment procedure all over again. And again.

Before you read, be aware that not all the cures will work for you. I suggest that you try a couple of them out. You may find one within these page that will. Please note that most experts will disagree with the process of "home remedies" in general and tell you that they are not effective treatments. This is not always the case and often, a home remedy can provide better results than those suggested by experts.

Also, it is important to note that using common over-the-counter and prescription pesticidal treatments such as NIX or RID or a prescription that is even stronger, can be harmful to yourself, your loved one, and the environment. And most disturbing is that many of these types of dangerous remedies are no longer as effective as they once were due to over, or misuse.

There is help for the dilemma of Head Lice. And now you have the information in front of you to guide you towards an affordable, and most importantly, a natural, effective solution for getting rid of head lice!

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All The Best!

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QUICK HEAD LICE Q. & A.

What Are Head Lice?

Head Lice are human parasites and are transmitted by human contact with an infected person. They are not transmitted via animals, including the family pet. The reason why is because head lice, as mentioned earlier, are a human parasite and live off of the consumption of human blood.

They are generally small in size(adults can grow as large as a sesame seed) and dark in color(usually brown) making them often times hard to detect. Adult lice females lay eggs, referred to as NITs as close as possible to the “host's” hair shaft. The female bugs can lay up to 150 NITs in their life-cycle.

The medical term for a case of head lice is **Pediculosis**, or sometimes referred to as **Pediculosis Capitis**(infestation of the scalp with lice). They are considered to be contagious as they can be spread from one person to another, but are not considered to be a harmful disease.

Based on recent medical information, head lice do not normally carry or spread harmful diseases, and do not carry any harmful diseases. More often than not, they are best described as a nuisance than anything else.

Head Lice also do not travel through the air nor can they be transferred onto a human head from the ground. They have no ability to fly and cannot “jump” from head to head as was suspected previously.

Therefore, the most likely case of parasitic transferral is by clothing, including towels, sharing hair grooming tools such as a brush, hair barrettes, hair ties, or combs, or sleeping on the same bedding as that of an infested individual.

Water will not kill them. They go into a state of suspension, or hibernation when presented with an abundance of water such as bathing, showering, swimming, etc. and are well adapt at “hanging on” if and when necessary as is the case with water.

Adults cannot survive over 72 hours off of any given “host”. However, they can hide within furniture, clothing, or bedding within that time period so they can happily re-infest themselves onto the host's head, or find another suitable host within that time period.

However, the NITs, or lice eggs can survive up to 14 days while not attached to a “host”.

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The Life-Cycle Of The Head Lice Bug

To defeat your enemy, it is always a good idea to know about them. So, it is a wonderful idea to learn about the life-cycle of the head lice bug. This will give you an idea of how to most effectively battle against them by knowing how they live and their breeding practices.

There are five stages to the life-cycle of head lice from birth to death. This process takes between 21 to 27 days to complete. They are as follows:

Stage One: They are inside the NIT(egg sack) and hatch

Stage Two: They grow and shed their outer skin(molt). This is called the First Nymph Stage.

Stage Three: They continue to grow and mature. This is called the Second Nymph Stage.

Stage Four: Continual growing and molting goes on. This is called the Third Nymph Stage.

Stage Five: The process of growth is complete. The lice bug is now an adult, or “louse” and fully mature. It can now reproduce and lay NITs.

Adult, or Louse, lice can live anywhere from 30 to 40 days after becoming an adult.

Within that time frame, a female louse can lay anywhere from 50 to 150 NITs onto any given host.

Other Important Particulars You Should Know

Lice are completely dependent upon their host for food and warmth.

Lice can survive completely void of a host for up to 72 hours for an adult louse bug or up to 14 days for NITs.

Lice do not spread disease or infection.

Lice are “crawling” type bugs and do not fly or jump. They have claws that allow them to grasp onto their hosts firmly making removal difficult.

NITs are attached to the hair shaft with a natural type of glue substance making their removal extremely difficult.

There are usually more NITs than adult louse bugs on any one host at any give time.

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Because lice feed off human blood, this causes a natural irritation to the host and scratching occurs.

Head lice are not fond of any type of oily substance such as olive oil and tea tree oil that makes it hard for them to cling to the host. They will avoid hosts with this type of oil on or about the scalp if possible.

How Do I Know If I/My Child/Children Have Head Lice?

The greatest indicator that you, or your child has a case of Head Lice is severe head scratching for no apparent reason. Or if you feel any creepy-crawly movement on your head. Another excellent indicator that you or your child may have Head Lice is receiving a notice from your child's school. When you receive one of these, you should immediately begin searching you and your child's head for Head Lice.

Then, you should repeat this process every couple of days for about 2-14 days as it takes time for NITs to hatch and live bugs to be present. In any event, you can begin treatment as a precaution to avoid infestation using the treatments outlined further on in this guide.

You should do this for everyone in the house if you suspect Head Lice in even one person.

How To Spot Them

Head Lice can be difficult to detect, but not impossible. Here are the main things you should be looking for, and how to look for them. . .

- 1 As most lice generally live as close to the scalp as possible, you should begin by searching ½ an inch from the scalp itself.
- 2 Most NITs will be found ¼ of an inch or so from the scalp and be white or off-white in color, sometimes clear. This is what makes these hard to spot. They will be oval or round shaped and will be firmly attached to the hair shaft and extremely hard to remove using your fingers unlike dandruff (many times NITs are misdiagnosed as dandruff to non-medical professionals due to the similarities in color and size).
- 3 Louses, or adult Head Lice bugs will definitely be moving and will be dark in color, usually brown, making it harder to find them in darker heads of hair. Again, look for movement. Even though these bugs are adults they will not be large in size (about the size of a sesame seed or smaller actually) unless there is a severe infestation happening, or the bugs have had time to feed adequately.
- 4 Most common places to find head lice are around the nape of the neck within the hair, towards the back top of the head and scalp, and around the ears.

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If you find any of the above, this is a clear cut case of Head Lice and you should proceed with a treatment plan outlined in the following chapters immediately, or one of your own choosing.

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HOME REMEDIES

The Most Important Step To A Successful Cure

As with most Head Lice remedies, few, if any are found to be effective in ridding this infestation. The reason for this is simple. . .

YOU MUST REMOVE ALL NITS FROM THE HEAD OF HAIR

Removal of Head Lice is a process that will take up to 2 weeks because of the gestation period when fresh NITs, or lice eggs are laid by the female louse! This is the most important factor that is almost always overlooked. Non-sufficient removal of even ONE NIT can cause a re-infestation. And you will have to repeat the treatment process all over again from the beginning.

These **MUST** be continually removed and searched out manually with any treatment plan for it to be effective. Knowing this will help you tremendously at having a successful battle plan at the beginning of this entire process.

The best way to ensure all NIT removal is to invest in the right tool for this. What is the right tool?

A metal NIT removal comb - (note this type of comb is included in the head of your Lice Vacuum)

The more common plastic type will not be sufficient as they tend to break easily, especially with thicker hair. You **MUST** have a metal NIT comb in order to get the best results when removing live lice bugs, and more importantly the unhatched NITs.

These can be purchased through any brick-and-mortar, offline store that sells lice removal treatments. They can cost up to \$10.00 or more, but are worth the extra money as they work better and last longer than any inferior plastic comb.

Remember too that these combs can also be purchased online as well if you have time to wait. If not, you should get to a pharmaceutical store, or one that has this type of area within it and purchase one immediately. Battling a case of head lice, no matter how small, should be done without delay as it only takes several days for NITs, or eggs, to hatch furthering the severity of the infestation.

Searching out these NITs should be done on a daily basis. Begin doing this after the first stage of any treatment has been done. And, continue looking for them.

Unfortunately, the **ONLY** way to remove the NITs, as they hang on to the hair shaft quite

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strong, is by manually hunting them out and using the aforementioned metal comb.

But, if you get them all, then most likely, a re infestation will not occur after the treatment process has been completed.

One last point to be aware of when removing NITs. . .

Be sure that you dispose of any NITs properly once they are removed from the head. Remember, lice can survive for up to 24 hours off the host. Of course we are speaking of unborn, unhatched lice here, but the principles should remain the same. We don't want another infestation of these nasty critters now, do we?

The best course of action is to use disposable containers, paper towels, etc. that can be thrown away in a trash sack that can be sealed up immediately after the removal process has been completed. After this is done, be sure that you vacuum the area vigorously where you performed the NIT removal process, especially if there is carpeting on the floor.

Also, be sure to disinfect and clean the NIT comb after every use. DO NOT clean or disinfect the comb while you are using it. Wait until after you are done searching out and removing any NITs you see. This can be done by soaking the NIT comb in a bleach-water solution. Be sure also to use HOT WATER as lice do not survive in extreme heat or cold, as with most parasites. And allow the comb to sit in the solution for upwards of 15 minutes. Then be sure to re-clean the comb with a disposable cloth such as a paper towel, taking care to check all the teeth as best as possible and wipe them off thoroughly.

Bleach is also an effective disinfectant for your NIT comb as bleach can kill many infectious living, or non-living viruses and parasites. This needs to be done in between NIT removal to ensure that there are not any NITs left inside the tiny spaces between the teeth of the comb that could potentially be reinserted back onto the scalp.

Home Remedy Treatments For Head Lice

The following two treatments were those that were found to have the best results after applying when using common, readily available items. The treatments are in no way a complete, or medically endorsed, list of head lice treatments but are those that seemed to work best for most head lice sufferers.

The treatments outlined here will address the problem of difficult louse and NIT removal making it easier for you to remove them. This is where they have their greatest strength in lice removal and prevention of re-infestation. These two treatments are not to be assumed as a head lice “killer”. They do not work in this fashion as with harmful pesticidal

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shampoos or similar treatments. NEVER assume that a louse is dead. They can hibernate and appear to be dead.

You will also notice that the steps in these treatments are similar. That is because these were hand-selected and deemed most effective from all the home remedies for head lice found based on safety and success responses from those using them. While there are only two provided in this guide, they are effective, and that is what has been focused on here.

“Sometimes The Simplest Answer Is The Right One.”

The “Mayo” Treatment

1-2 32 oz. Jars of Mayonnaise (the real stuff, no Miracle Whip) - depending on the amount of hair to be treated

1 Roll of Plastic Wrap or a Plastic Shower Cap (sometimes better)

1 Bottle of White Vinegar

1 Bottle of Denorex Dandruff Shampoo

1 Bottle of Dawn Dish-washing Soap

1-3 Rolls of Paper Towels

1 Metal NIT Removal Comb

Optional: 1 plastic spray bottle

Completely saturate the entire head of hair with Mayonnaise. Once done, wrap the head with plastic wrap, or shower cap (best for children) and leave mayonnaise on overnight, or for a minimum of 8 hours if performing treatment during the day.

Rinse out mayonnaise with warm water as best you can. Then apply a small amount of Dawn, or de-greasing type dish soap to the head and work into a lather to remove excessive “greasy” feeling. Rinse hair completely.

While hair is still wet, apply a normal size amount of Denorex Dandruff Shampoo to head and work into a lather. Rinse hair.

Towel dry hair and then apply white vinegar to the hair either by hand or with a small spray

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bottle.

Next, use the Metal NIT Comb and begin combing out the hair starting at the roots and continuing all the way down the hair shaft. Do this for the entire head and start at the top.

When using the NIT comb, remember to always comb in small, thin sections of hair, about ½ inch, to ensure complete NIT removal.

Repeat this entire process in 3 to 5 day intervals for the next 2 to 4 weeks to be sure that all lice are gone including and especially the NITs.

The Olive Oil Treatment

2-4 20 oz. Bottles of Olive Oil - Brand Name Not Important

1 Roll of Plastic Wrap or Plastic Shower Cap

1-2 Dry Wash Clothes

2-4 Dry Towels

1-3 Rolls of Paper Towels

1 Bottle of Dawn, or similar, Dish-washing Liquid

1 Metal NIT Removal Comb

Completely saturate the entire head with Olive Oil beginning at the top of the head and continuing on down to the ends of the hair.

Next, wrap the head completely with Plastic Wrap, or use the Plastic Shower Cap.

Leave oil and plastic on head overnight or for at least 8 hours.

If doing the treatment as an overnight treatment, be sure to lay down clean, dry bath towels anywhere the oil could leak out onto bedding. Use the wash clothes to wipe any extra oil that leaks from the head onto the face or body(as this is a natural occurrence when using such a treatment).

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After 8 hours, or in the morning, remove the plastic wrap or shower cap and begin rinsing the hair with warm water (get it as hot as you can bare without being painful).

Next, add a small amount of Dawn dish washing liquid to your head and work into as much of a lather as you can (be careful to avoid contact with the eyes). And then rinse.

Last, begin to use the metal NIT removal comb and begin combing out small sections (about ½ inch in width). Be sure to wipe off the comb repeatedly during this process using the paper towels.

Clean out the NIT comb when you have finished combing the entire head with a bleach/hot water solution allowing the comb to sit in the solution for several hours.

Repeat this process in 2-4 day intervals over the next 7-14 days to ensure no re-infestation occurs.

What To Do Afterwards To Prevent Re-Infestation

As a precautionary measure to repel lice from infesting again after you have gotten rid of the initial infestation using either of the 2 treatments listed above, or another one of your choosing, it's a super idea to add a teaspoon full (about 8-10 drops or so) of Tea Tree Oil to your everyday shampoo or conditioner. Remember, lice do not like oily substances, especially tea tree oil because of its odor. Not to say it's unpleasing to humans, but to head lice bugs ;-).

Another idea is to start using Coconut type shampoos and conditioners. For some unknown reason, lice do not like coconut oils either. So, if you use this, and add a bit of Tea Tree Oil, then you have a better chance at repelling them on down the road.

Tips For Removing Lice From Furniture, Clothing, Or Toys

As with most pests, lice cannot survive extreme heat. So, the best course of action is to dry everything that you can fit into your clothes dryer. This is great for stuffed animals, rag dolls, bedding, pillows, all sorts of clothing including towels, washcloths, etc. A timed cycle of around 15-30 minutes should do the trick.

I'm sure you have heard the suggestion that putting your clothing or stuffed animals into sealed plastic bags will suffocate head lice. This is not the case. More likely, by putting them into plastic bags the lice die of starvation. But there is a chance that doing this will not kill the lice and therefore a re-infestation can occur. This is not the case with putting articles into a high heat dryer for 30 minutes.

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Obviously not everything will fit in your dryer. So, for things like carpeting and furniture, it's best to vacuum everything thoroughly. Be sure to throw away the vacuum bag inside a sealed garbage sack, or empty the debris container for bagless vacuums, and remove it completely from your house. An outside garbage can is best.

There is no need to vacuum for 30 minutes in one concentrated area of course. A few times over the area will do fine.

You may also want to try creating your own “natural” repellent spray that can be made by combining $\frac{3}{4}$ of an average sized plastic spray bottle with about 20 drops of 100% Tea Tree Oil. Lice, among other pests such as ticks and mosquitoes, do not like the smell of Tea Tree Oil, and so it is a terrific choice for a repellent.

Once you have your mixture, simply begin spraying it on your furniture and carpeting. You needn't over-spray and completely saturate your furniture. Lightly spraying will do the trick.

Of course, while this guide is for “natural” remedies, if you still feel unsafe about the conditions of your household items where lice can survive for a few days, then you can use a de-licing spray. But this is solely up to your discretion. Vacuuming should work just as well.

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CONCLUSION

We have come to the end of this helpful guide in the natural removal and rid of head lice. I hope that you have found it informative and the words in it worth as a home remedy aid. While not everything is a sure fire method of ridding you or your loved ones of head lice, it is a start in the right direction.

Getting rid of head lice is sometimes an uphill struggle. But, with the right information, tools, and time, it can be overcome and a successful conclusion attained.

And, always consult your family physician if everything else has failed. They have prescription medications and solutions not available to the public, even though many of these will contain pesticidal agents. But, they will advise you on what steps to take if you are looking for a more natural remedy. There is help for your problem. And, you are not alone in this battle!

I wish you all the best, and don't feel ashamed or bad that you have a case of head lice. It is extremely common among everyone in the world and nothing to feel upset about.

Best Wishes To You & Your Family 😊

THANK YOU!