



## Head Lice

A positive diagnosis of head lice is upsetting for everyone. Head lice is the most common communicable condition in school age children next to the common cold. Unfortunately there are many sources of information (some that appear quite reputable) that supply misleading and often completely wrong or dangerous advice. There are no quick fixes in treating lice but you can be successful and here is how to be lice free.

1. The most efficient way to remove lice is to use an effective natural lice treatment. Be very careful to avoid any products with pesticides or insecticides these are the products that are sold at the drug stores. They are not only harmful to humans but are almost completely useless because lice have developed immunity to these products. Some of these products also claim to kill eggs but there is nothing on the market that kills the eggs. [Natural products](#) are the best to use for lice removal.
2. You must follow the instructions completely (remember no quick fixes). Lice is a multi-step procedure and you must be diligent and complete each step. Everyone in your family must be checked but only those with lice should be treated.
3. The eggs must be combed out using an effective louse comb that has microgrooves on the teeth such as the [Lice Services comb](#). You must methodically go through the hair using lots of conditioner to remove the eggs and bugs. Wiping the comb on a paper towel will show you exactly what you have removed.
4. When using a natural product you can break the life cycle of the bug. This is done by reduction combing. Combing needs to be done every 2 to 3 days. You are considered clear when you have 2 combings 2 days apart that are clear. Remember there are no quick fixes.

## Lice/Eggs

Lice are clear in colour when 1<sup>st</sup> hatched and very tiny. They quickly turn a reddish-brown colour after feeding. Adult lice are about the size of a sesame seed. Eggs are small yellowish-brown, oval shaped and glued to one side of the hair shaft. Lice like to lay their eggs around the ears, nape of neck and in the bangs. You will probably never see a louse when checking (they move quickly) so it is best to look for the eggs. Eggs are laid as close as 2mm to the scalp. If you can flick it off it is not an egg. Not sure it is an egg? Send us a picture for a [free diagnosis](#).

## Environment

Your environment is very important but there is no need to go overboard. Follow these simple steps.

1. Place all bedding, including pillows in the dryer on high heat for 30 minutes. Only heat kills lice.
2. Items that can't be placed in the dryer put aside for 48 hours.
3. Large items should be vacuumed. Carpets, couches, helmets, backpacks and car seats.

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