

What can you do about Lice?

Another school year and the school nurse calls you - your child or children have been diagnosed with a case of head lice.

These little bugs don't care about your social status and any child or adult can become infested or re-infested. Schools commonly check students once or twice a year.

Once lice are found your children may not be able to return to school until you have a treatment well at hand. Many parents don't want to expose their children repeatedly to the toxic chemicals found in the over the counter treatments.

Recently we were contacted by just such a family. They have had their children infested already twice this year and asked for help to find something that might repel these intruders.

They asked for a couple of things. One a treatment to use in the hair each time before they shampoo and also for something to apply to the hair in between.

The references for essential oils that work against lice both the live bugs and their eggs aka nits suggested using a blend that may include any of the following essential oils: Tea Tree, Lavender, Anise, Cinnamon Leaf, Oregano, Eucalyptus Globulus, Thyme, Cloves and Peppermint.

Other oils that may also work include: Bergamot, Spearmint, Naiouli, Marjoram, Petitgrain, Pennyroyal, Ravensara, Roman chamomile, Eucalyptus Citriodora, Clary sage, Jasmine, Lemongrass, Rosemary, and Ylang-ylang.

Several recipes suggested the use of Tea Tree. As in studies it was found that Tea Tree was able to kill both the adults and penetrate the egg shell and kill the yet un-hatched eggs by itself at about 83-93%. Another essential oil Oregano showed 100% kill of both adults and eggs. Two other essential oils, Anise and Cinnamon leaf, had high kill rates too.

Below is a Basic Lice Blend that can be used to help kill and repel these unwelcome hair and scalp guests. Follow the suggestions for a Pre-shampoo treatment, Post-Shampoo, and a Hair Spray to help repel and prevent future infestations.

Basic Lice Blend

Tea Tree - 10 drops

Lavender - 10 drops

Oregano - 5 drops

Peppermint - 5 drops

Cinnamon - 5 drops

Blend in an amber bottle. You may want to double or triple this basic recipe to make it easier for use.

Step one

Mix 1 ounce of Jojoba with 7-8 drops of the above blend. Massage into and on the hair. Leave in the hair wrapped in a towel for 1-2 hours. Shampoo hair, do not dry.

Step two

Mix ¼ cup water with ¼ cup vinegar, add 7-8 drops of the above Basic Lice blend. Shake well, then rinse the hair with this. Do NOT rinse with water. Comb the hair out thoroughly using a 'nit' comb (available at most pharmacy's). Rinse or wipe the comb to remove debris, dead lice and nits between combing strokes. The vinegar helps to remove the glue that holds the eggs to the hair shafts. After combing thoroughly, let the hair dry.

Step three

The day after the shampoo, rinse and combing - Spray on the following - To 8 ounces of our Body spray OR distilled water add 10 drops of the basic lice blend. Spray on the hair once daily between shampooing. If desired increase the Lavender to make the blend more pleasant for use as a hair spray. A light spray misting is all that is necessary.

If necessary repeat Steps One and Two every 5 - 7 days for up to 2 weeks. You can continue Step Three as long as desired as this should help to keep the lice away. If irritation develops discontinue use.

Disclaimer:

We do not endorse, nor do we encourage anyone to implement Aromatherapy or any suggestions contained within this site without the consent of his/her medical doctor. We also do not take any liability for your implementation of any oils, recipes, or anything else available through this site, from any book or company recommendation, or available on any site linked from Birch Hill Happenings Aromatherapy, LLC

Aromatherapy Tip of the Week

Presented by Birch Hill Happenings Aromatherapy, LLC

Copyright 2008

Visit on the web at: birchhillhappenings.com/aroma1.htm