



## Head Lice & Vinegar



### Q. Does vinegar help to get rid of head lice?

**A.** You need to make a difference between adult lice and head lice eggs. Vinegar has the properties to dissolve the cement that glues head lice eggs to the hair shaft. But it has no ability to kill adult head lice.

### Q. How to use vinegar for head lice?

**A.** Wash your child's hair with vinegar, wait for a few minutes and rinse. Then, comb out the nits with a good metal nit comb. If the infestation is severe, do this several times. To remove the smell, just make a normal shampoo. Then, repeat this process during two days to be sure all lice eggs are gone.



## Head Lice & Tea Tree Oil



### Q. Does tea tree oil kill lice?

**A.** Tea tree oil contains terpenoids, which have antiseptic and antifungal properties. One of its main components, terpinen-4-ol, has insecticidal power and may kill head lice by acting on their nervous system. However, this may kill adult lice and nymphs, but there is no evidence that it will be 100% effective.

### Q. Can tea tree oil prevent head lice?

**A.** Tea tree oil has been traditionally used in many countries as a repellent against head lice. There is no guarantee that it will work and should not be over-used. Just put 3 to 5 drops of essential oil on a nit comb and comb the hair, or put a few drops behind the ears or in the neck area. It can help repel lice and contribute to their prevention, but remember that nothing can prevent head lice to 100%.





## Head Lice & Olive Oil



### Q. Can you use olive oil for head lice?

**A.** You can use olive oil to suffocate adult head lice and nymphs, but it will not work for head lice eggs. Olive oil may suffocate adults and nymphs, and it may also just slow them down.

### Q. How to treat lice with olive oil?

**A.** Apply olive oil to the hair of the infested person, making sure you coat the hair very well and then put a tight shower cap around the head. Leave it on for 3 hours, and then remove with one or several regular shampoos. Then, comb dead lice out.



## Head Lice & Mayonnaise



### Q. Can mayonnaise treat head lice?

**A.** Mayonnaise can help you kill adult head lice and nymphs by suffocating them if you make sure to use full-fat mayonnaise. It might either suffocate them or slow them down a lot.

### Q. Does mayonnaise kill lice eggs?

**A.** Mayonnaise, just like olive oil, does not kill lice eggs. To remove lice eggs, you can use vinegar and then comb them out.

