

ALTERNATIVE TREATMENTS FOR HEAD LICE

The following remedies are reported to be effective treatments for head lice. The remedies mentioned act upon head lice through suffocation by smothering the lice. The Columbus City School System does not necessarily endorse these. Additionally, no product is 100% effective. Therefore, the manual method of nit removal employing such aids as a lice comb is still required.

The Mayonnaise Method (not low fat or fat free).

Place mayonnaise on the hair.

Wrap the hair with plastic wrap or a shower cap for 5 hours or overnight.

Wash mayonnaise out of hair or use shampoo as usual.

Remove the nits with a lice comb and or fingers.

Mineral Oil Remedy.

Warm mineral oil and then pour over the entire scalp. After 10 minutes, shampoo hair and using a lice comb, remove the nits and suffocated lice. Repeat procedure every 2 days for 10 days.

Olive Oil Remedy.

Apply olive oil to hair thereby smothering lice. Using a lice comb, comb through hair section by section to extract all nits and lice. After withdrawing comb from a section of hair, wipe off with tissue and place in sealed bag.

You will need to continue to check child's hair for the next few days to look for and remove any lingering eggs.

Another method that can assist with lice removal and olive oil is to take the scrub part of a sponge and fold it on top of itself. Starting at the hair shaft, pull it through the hair.

Queen Helene Cholesterol Hair Conditioning Crème Remedy.

Saturate hair with the crème.

Cover hair with shower cap or plastic wrap. Leave on hair for 3-4 hours.

Rinse out the crème.

Remove the nits and shampoo by combing.

Follow up by shampooing daily with a coconut oil based shampoo. The following shampoos contain sodium lauryl sulfate Herbal Essence, Suave, and White Rain. Daily shampooing with a shampoo containing sodium lauryl sulfate seems to help in the prevention and treatment of reinfestation.

The Ohio State University Extension remedy.

Shampoo with coconut oil or olive oil shampoo (Condition 3in 1, Rave, St. Ives Swiss or VO5). Rinse with water only as hot as child can tolerate.

Shampoo again, leaving the lather in for 15 minutes with a towel around the head.

Comb out snarls and suds. Then, with a nit comb and under good light, comb out one-inch wide sections of hair starting at scalp. Keep hair wet, clip finished sections out of the way. Clean comb often with tissue. Place soiled tissue in bowl of hot soapy water. When full, flush contents down toilet.

After all hair has been combed, rinse well with tolerably hot water.

Dry hair and check hair for stray nits and remove.

Soak comb for 15 minutes in 2 cups of hot soapy water with one-teaspoon ammonia or boil metal combs for 15 minutes. Clean with floss or old toothbrush.

Repeat weekly or more often if necessary for 3-4 weeks.

Hair Clean 1-2-3 Remedy.

This product contains coconut oil, anise oil, ylang ylang oil and isopropyl alcohol. Use on dry hair. It is to be left on the hair for 15 minutes and then washed out.

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