



HEADLICE REPELLENT

In a 100ml bottle add -

- 10 mls conditioner (any sort)

Fill with water then add -

10-15 drops of either

- Tea-tree oil
- Eucalyptus oil
- Lavender oil
- Rosemary oil (any one will do)

Shake the bottle well to mix.

Spray in hair every day before school, especially behind the ears and under the hair at the back.

Put the hair up in a bun or plaits so that there is no loose hair and then spray again.

The feedback we have been getting from parents is that, if used constantly, there appears to be no re-infestation.

Those products can be purchased from your local chemist who will identify the most appropriate shampoo to use.

On-going monitoring of your child/ren's hair using conditioner and a lice comb will also assist you.

