

Lice Hair Rinse

3/4 C Apple Cider Vinegar (with the “mother” in it)

1tsp. Tea Tree Oil

1tsp. Eucalyptus Oil

½ tsp. Lavender Oil

3 1/2 C distilled water.

Mix and it’s ready. I used about 1/3 of the solution on each head of hair for the initial dose. Do not rinse the solution out. Let it dry. I later applied coconut oil to the hair. After using the hair rinse, letting it dry and applying the coconut oil (and in my case braiding) I would spray the hair wet with a spray bottle a few times a day to moisten the scalp. Spray bedding and furniture down to deter lice. Note: this is to be used externally, not internally. We did this rinse twice, a few days apart, and for a total of about a week of spraying and monitoring. Be sure to close your eyes when spraying the solution so as to not bother your eyes.

Recipe by Kelly Pomeroy

