

Nitty Gritty NitFree Comb

Instructions and tips:

Our award-winning Nitty Gritty NitFree Comb is designed to be used on hair which has been coated with either our Nitty Gritty Aromatherapy Head Lice Solution or your own regular hair conditioner.

The way the NitFree comb works relies on its teeth remaining in very close contact with each hair strand as the comb passes through the hair. And although our MicroSpiral teeth are very close together - for that reason - each one is rounded so that each hair strand is guided gently through the gaps in between them.

We recommend that you make checking with the Nitty Gritty comb part of a regular hair care routine, so that if your child has been infested by a playmate you will be on top of the situation quickly, before the lice have time to lay eggs and get established in the hair.

Instructions for using the Nitty Gritty NitFree Comb:

1. Make sure the hair is completely tangle free using your regular brush or comb.
2. Apply Nitty Gritty Aromatherapy Head Lice Solution or conditioner to dry tangle free hair and comb through with a regular comb. Make sure you saturate the scalp and coat hair from roots to ends. If using our Solution leave on hair for at least 20 minutes.
NOTE: Combing dry hair is ineffective as lice are able to move freely in dry hair. Our solution stops the lice from moving around.
3. Then use clips or bands to part longer hair into 4-6 sections, depending on hair thickness and length. (This helps stops head lice moving out of the area you're combing).
4. Comb through each section from roots to ends with the Nitty Gritty NitFree Comb, clearing each section of all lice and eggs before you move onto the next section.
5. Continue combing frequently until you are sure that you have got everything out, taking the comb along the whole length of the hair on each stroke. Pay particular attention to the area close to the scalp, behind the ears and at the nape of the neck, as this is where lice like to lay their eggs.
6. After every two or three combings, rinse the comb under the tap to clear it of any lice or eggs.
7. Once finished, wash hair with shampoo and then conditioner if using Nitty Gritty Aromatherapy Solution, or rinse as normal if using regular hair conditioner. Dry hair as you would normally.

Be sure to check the whole family, because not everyone itches even when large numbers of head lice are present.

Once you're clear, use **Nitty Gritty Conditioning Defence Spray** each day to help keep head lice at bay.

Tips for cleaning the Nitty Gritty NitFree Comb:

- An old toothbrush or nail brush is great for removing and cleaning the lice and eggs from the comb.
- Another item which is very good for cleaning the comb is one of the little brushes that come with an electric razor.
- And recently a customer told us she had used dental floss to clean between the teeth when she had finished.
- You can also sterilise the comb in boiling water for one minute (do not exceed 1 minute). However, this is not necessary as lice can't live for very long once off the human head.

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