

# Nitty Gritty Aromatherapy Head Lice Solution

## SAFETY FIRST:

Consult your doctor or health visitor before use if you are PREGNANT, BREASTFEEDING, EPILEPTIC or thinking of using Nitty Gritty Aromatherapy Solution on any child under 2 years old.

SHAKE the bottle well.

AVOID contact with eyes, clothing and furnishings.

Oil can occasionally cause staining, so please cover your clothes with an old towel to protect them.

In the unlikely event of an allergic reaction, immediately RINSE OUT the Solution with water, then shampoo.

## INSTRUCTIONS:

1. Make sure the hair is completely tangle free using your regular brush or comb.
2. Apply Nitty Gritty Aromatherapy Solution to the whole length of the hair and scalp, leaving the Solution on the hair for at least 20 minutes. Make sure you saturate the scalp and coat hair from roots to ends.
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 using the enclosed plastic nit 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 the Solution out with your regular shampoo, and rinse thoroughly. Then just condition as normal and dry the hair as you would normally.
8. Repeat ten days later to clear any newly-hatched lice, unless you are using the Solution with our Nitty Gritty NitFree Comb. [because our NitFree comb removes eggs before they hatch, putting a stop to any infestation immediately.]

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

\* For the very best results – and to remove 'live' eggs before they can hatch – use Nitty Gritty Solution with our very own **Nitty Gritty NitFree Comb** (sold separately). Because it removes 'live' eggs before they hatch, as well as head lice and unsightly nits (empty egg cases), the Nitty Gritty NitFree Comb is the only head louse product which can remove an entire infestation in one go.

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

[www.nittygritty.co.uk](http://www.nittygritty.co.uk)

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