

**HEAD LICE**

**TREATMENT AND PREVENTION**

**AN E-BOOK**

**PROUDLY PRESENTED BY**

**'NIT BUSTERS'™**

**THE ARK HAIR & BEAUTY SALON CESSNOCK, NSW**



## **INTRODUCTION.**

Welcome to the ultimate guide to everything you need to know about head lice!

If you're reading this, you're dealing with these tiny little critters that have taken up residence on your scalp, or you just want to be prepared in case they ever do. Either way, don't worry, we've got you covered!

While head lice aren't the most pleasant topic of discussion, we believe that learning about them doesn't have to be a tedious or dull affair. We're going to make it as light-hearted and informative as possible, so you can come out the other side armed with knowledge and ready to tackle the problem head-on (pun intended).

So, sit back, relax, and get ready to become a head lice expert.

From understanding what they are to discovering how to prevent and treat them, this book will guide you through all the information you need to know to get rid of those annoying little bugs once and for all.

Let's dive in!



## **WHAT ARE HEAD LICE?**

Head lice are small, wingless insects that measure about the size of a sesame seed. They have six legs and are usually brown or greyish in colour, and as they can camouflage themselves, given this, they are extremely hard to find in blonde and dark hair as they can blend in so well.

Head lice live on the scalp, near the root of the hair, feeding on human blood. This is what makes the victim itch. They lay their eggs, called 'nits,' on the hair shaft, close to the scalp, and up to 4cm further down, especially if they've been nesting in the hair for a prolonged period. The favourite area to find them is behind the ears and the nape of the neck.

Nits are oval-shaped, white, or yellow in colour and are glued to the hair shaft. They're usually difficult to remove because the glue is so strong; it's better than super glue! You can tell a nit egg from dry scalp flakes or dandruff by running your fingers down the hair and feeling a grainy sand-like bump that doesn't move.

When they hatch, they'll be about the size of a pinhead and transparent in colour; they'll become larger each time they shed their skin.



### **HOW ARE HEAD LICE SPREAD?**

Head lice are most spread through direct head-to-head contact with an infected person. They can also be spread through sharing combs, brushes, hats, headphones, or other items that come into contact with the

hair. Head lice can't jump or fly, but they can crawl from one head to another. They aren't spread or caused by bad hygiene, and lice like all types of hair, dirty and clean.

## **THE LIFE CYCLE OF HEAD LICE.**

Understanding the life cycle of head lice is important when it comes to preventing and treating infestations. Here's what you need to know about the life cycle of head lice:

- **Eggs (nits):** Female lice lay their eggs, also known as nits, on the hair shaft close to the scalp. The eggs are glued in place and are usually oval-shaped and yellow or white in colour. It takes about a week for the eggs to hatch.
- **Nymphs:** Once the eggs hatch, they become nymphs. Nymphs are small and grow quickly, feeding on human blood multiple times a day. They moult three times over the course of about a week, growing larger with each moult.
- **Adults:** After the third moult, nymphs become adult lice. Adult lice are about the size of a sesame seed and are greyish colour. They feed on human blood several times a day and can live for up to 30 days on a human host.

## **DID YOU KNOW?**

:- that head lice eggs are laid around the base of the strands at the scalp, and the glue produced to stick them to the hair is like a firm cement?

They hatch from the egg around 7 to 10 days later, and two days after hatching, the nymphs shed their skin and enlarge.

Three days later, they will shed again and enlarge again.

Five days later, a third and final shed will happen, and they will be classified as adult egg layers.

The adult males and females will look a little different from one another and will start mating to reproduce almost immediately.

The first round of eggs will be around 2 days after mating, and females will keep laying eggs for the next 16 days — up to 15 per day.

Thirty-five days later, the adult lice will die.

## **HOW TO TELL IF YOU HAVE HEADLICE??**

### **Symptoms of Head Lice.**

If you suspect that you or someone you know may have head lice, it is essential to know what to look for.

One of the most common symptoms of head lice is itching, caused by an allergic reaction to the lice's saliva. The itching may be more intense behind the ears or at the nape.

Lice are about the size of a sesame seed and are greyish-white or reddish-brown in colour.

Nits are tiny, oval-shaped eggs attached to the hair shaft close to the scalp.

Constant scratching of the scalp can lead to sores or scabs, which may become infected if left untreated.

The itching and discomfort caused by head lice may also make it difficult to sleep at night. It is crucial to note that not everyone with head lice will experience itching, and not all cases of itching are caused by head lice.

If you see a “lump” anywhere on the hair shaft, run your fingers over it and down the hair. If it feels like a grain of sand and doesn't come off, then that is an egg, once you find just one of these you can say YES you have Head Lice.



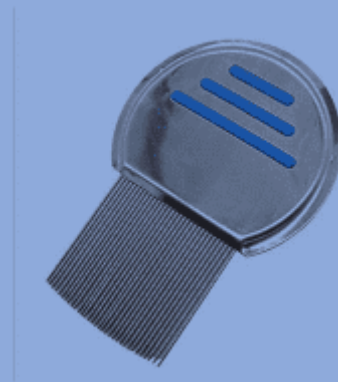


## **HOW TO CHECK FOR HEAD LICE.**

Checking for head lice may seem daunting, but with the right tools and approach, it can be a quick and easy process. To check for head lice, you'll need a few items.

Here is a step-by-step guide on how to check for head lice:

1. Purchase a good long pronged nit comb preferably one that has small etchings in the prongs. These help with egg removal.



2. A magnifying glass or reading glasses, and a brightly lit area.
3. Use clips or a hair tie to section the hair into small sections so you can check each section thoroughly. Start at the scalp and work your way down to the ends of the hair in fine sections.

4. Look closely at the comb to see if you have caught any lice or nits. Lice are about the size of a sesame seed and may appear greyish-white or reddish-brown in colour. Nits are tiny, oval-shaped eggs that are attached to the hair shaft close to the scalp. They may appear yellow or white and can be mistaken for dandruff or dry scalp.

4. Wipe the comb on a tissue or cloth after each stroke to see if you have caught any lice or nits. I prefer to use a bowl of water and to rinse my comb after every few comb throughs and then strain into a fine white cloth such as a disposable hair cap. That way I can see everything I am getting out clearly.



5. Repeat: Check each section of the hair and continue combing until you have covered the entire head. Be sure to check behind the ears and at the nape, as these are common areas for lice to hide.
6. If you find lice or nits, it is important to start treatment as soon as possible. Remember, it is important to check for lice regularly, especially if you have children or work in an environment where lice may be present. With these steps, you can easily check for and identify head lice, allowing you to take swift action to get rid of them.

## **HOW TO PREVENT HEAD LICE.**

### **There are several steps you can take to prevent head lice:**

1. Avoid head-to-head contact with infected individuals.
2. Avoid sharing combs, brushes, hats, headphones, or other items that encounter the hair.
3. Avoid lying on shared beds, couches, or pillows with infected individuals.
4. Keep long hair tied back or braided to make it more difficult for lice to crawl from one head to another.
5. Do regular checks of the hair.

### **Home Preparation**

- 1.Strip all beds of those who have a large infestation and wash sheets and pillowcases this is NOT necessary for mild cases.
- 2.Change pillowcases daily and wash. This applies to any level of infestation and any pillow they have laid on whilst infected.
- 3.Gather all hats, headbands, hairbands, combs, brushes and scarves that may have been used by affected persons. Remove all traces of hair, spray with Treatment and wash after every use until Nit FREE.

4. As for carpets, furniture etc remember Head Lice don't survive away from the scalp. They will die. So I think it unnecessary to go these lengths unless you have a prolific infestation. The objective is to remove any hair that may have eggs or live nits on them.

## **WHAT WE RECOMMEND FOR TREATING HEAD LICE.**

The market is flooded with various products that come in various forms, you only have to walk the aisles in your local supermarket or chemist to find harsh chemicals or medications in the form of shampoos, sprays, and creams. Some products make claims to kill the headlice, but neglect to tell you that the lice eggs survive.

It has been our experience that head lice have become somewhat resistant to over-the-counter treatments over the years. At least that is what the frustrated parents tell us when they hear about our proven, all-natural product, that breaks the egg cycle in the first treatment. Therefore, we highly recommend our proprietary blend 'Nit Busters', that assists with both nits and lice simultaneously without harsh, synthesized chemicals. You can read more about our product on our internet store page.

[www.arkessentials.com.au](http://www.arkessentials.com.au)

## **WHAT WE DO NOT RECOMMEND.**

What we do not recommend are, internet or home remedies. For the love of God please do not try internet or home remedies such as:

- mayonnaise
  - olive oil
  - vinegar
- coconut oil
- hair conditioner placed in the freezer
- straight T-Tree oil, eucalyptus or Lavender
- Coca-Cola
- Cleaning surface spray
- Flea wash
- Frontline flea control (this is so dangerous)
- Kerosene
- Lye
- Wormwood,

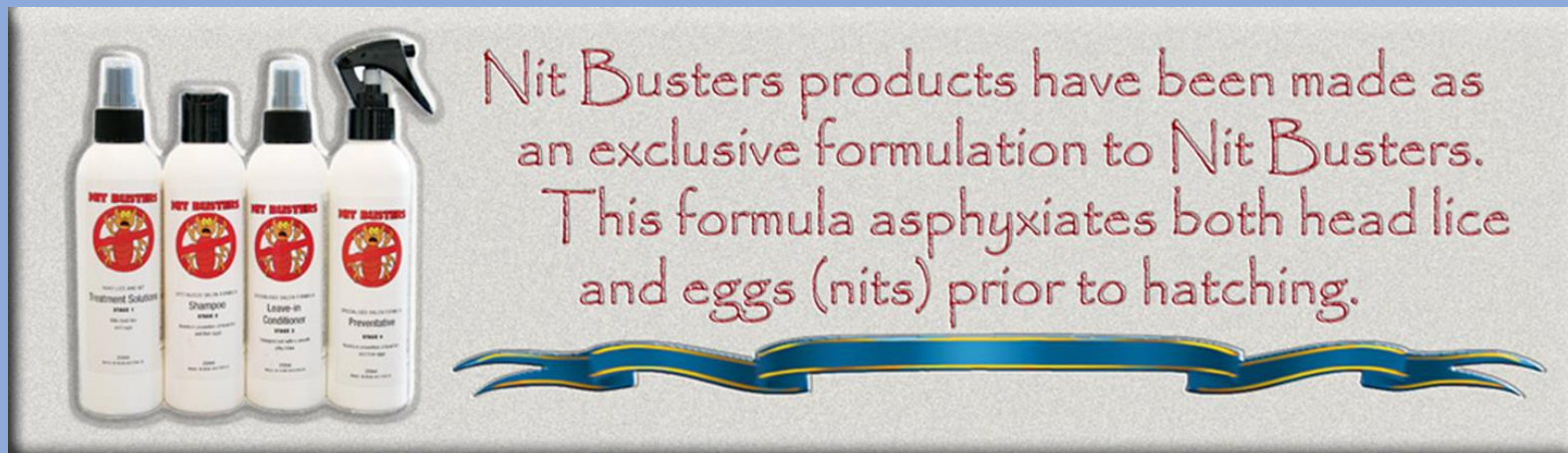
-Petrol or Diesel

-hand sanitizer

-Baby oil.

Let us be clear...these remedies **DO NOT WORK** and may cause harm, exacerbation of your headlice issue, or serious harm.

We also do not recommend Prescription medications: Doctors do not specialise in Head Lice and they certainly aren't a sickness. You would not see a Hairdresser about your lingering cough and fever, conversely, do not go to a doctor about hair and lice. The chemical and prescription medications offer little help in eradicating them and may just cause further scalp related issues.



## **THE PITFALLS OF CHEMICAL-BASED TREATMENTS.**

1. **Allergic reactions.** Some people may experience an allergic reaction to the chemicals in lice treatments, resulting in symptoms such as itching, redness, swelling, or hives.
2. **Chemical Resistance.** Overuse of chemical-based treatments can lead to the development of lice that are resistant to the chemicals, resulting in treatments that may not be effective in getting rid of the lice or breaking the egg cycle.
3. **Toxicity.** Additionally, some chemicals used in lice treatments can be toxic if ingested or if they come into contact with eyes, mouth, or other mucous membranes. Don't forget aromatherapy oils are concentrated and like chemical are absorbed through the skin into the bloodstream making the recipient very ill or cause internal damage. These chemicals can also have negative effects on the environment if not disposed of properly.



## **I HAVE HEAD LICE, WHAT HAPPENS IF I DO NOT TREAT THEM?**

**Prolonged infestation:** If you do not treat head lice quickly and thoroughly, they may start to cause skin irritation that can lead to secondary bacterial infections. This can result in even more severe symptoms, such as redness, swelling, pain, and scabbing of open wounds from scratching.

In our experience as head lice professionals, we have seen head lice seemingly burrow under open sores and hide when treatments are applied. Once treatment is complete, they come out again and continue their lives. We have also seen cases where lice have caused symptoms so severe that the sufferer could not turn their necks due to the skin developing a dermatitis-like appearance. This causes immense pain and splits the skin when the head is turned.

**Anaemia:** In rare cases, severe head lice infestations can lead to anaemia, especially in young children and individuals with weakened immune systems. This is because the lice feed on human blood, which can lead to a decrease in the number of red blood cells in the body. In many high-level infestations, staff are required to wear gloves to keep a barrier between them and the client, as once the hair has been wetted down with treatment, it will turn bright orange due to the amount of blood on the scalp.

**Psychological distress:** Head lice can cause personal embarrassment, psychological distress, and social stigma, particularly in children. Children can be mean and make fun of those suffering from infestations. Teachers can unwittingly exacerbate this distress when they quarantine the child and send them home.

The child is forced to do a walk of shame out of the classroom, decreasing self-esteem and having a negative impact on their social and emotional well-being.

**Emotional mood swings and sleep deprivation:** Have you noticed a change in your child's anger, irritability, or fatigue level? If your child has head lice, this could be the root cause of all those symptoms. If they have nits, it is important to understand that your child is constantly itching and even more so at night while asleep. It is torturous and becomes annoying, followed by pain, irritation, and anger, all due to not being able to stop itching. Once treated, we often receive feedback from parents saying how much calmer the child is and how much better they are sleeping and paying attention in school. Some even fall asleep in the car on the way home from the treatment at the salon.

In our Salon when we do Treatments we have a Level System. That is Level 1,2,3,4,& 5.

Level 1 and 2 we classify as mild; eradication will be easy. Level 3 is somewhat worse and needs to be treated quickly to avoid the mass egg production that is about to go prolific. Level 4 and 5 well, you have not done enough and have left it way too long to get help. These levels will be visible without having to look into the hair at all.

AND YES WE HAVE HAD CLIENTS WHO HAVE BEEN A LEVEL 9! Yes, a Level 9, only had to slightly lift the hair on the fringe to be greeted by hundreds of lice running for cover. Large super lice were dropping off onto the clothes and floor before we had even started. In cases like this the egg build up will be so bad it is painful to remove them. We have to be careful and do things somewhat differently to keep the client as pain free as possible. It is necessary with these extremes that we wear protective clothing, hair covers and gloves. As soon as any liquid hits that head, we will see orange liquid pouring off it. This **IS NOT DIRTY**

**HAIR!** This Orange colour is **BLOOD**. That's how big a munch those nits are having on the head. The aroma from this is not pleasant and stinks and sometimes it may be necessary to wash the hair before attempting to treat. This is a health hazard for me and my co-workers. I cannot fathom why people allow it to get to this stage. If you have tried solutions and they are obviously not working, **SEARCH and RESEARCH** and find the help you so desperately need. But don't procrastinate.

## **ADVANTAGES OF USING NATURAL INGREDIENTS AGAINST HEAD LICE WITH NIT BUSTERS:**

Currently, people are becoming increasingly careful about what they put in and, on their bodies, and with good reason. Harsh chemicals and manipulated organic matter can have adverse health effects and are sometimes even worse for the environment, both in their production and use at home. Many head lice and nit treatments on the market have these chemicals and compounds. Ours don't! Our 'NIT BUSTERS' head lice treatment is made up of natural ingredients that have been proven to be effective in controlling and treating head lice.

We take great care and pride in manufacturing our products using all-natural ingredients that are safe for skin, safe for children, and will not cause rashes, skin issues, or affect the quality of your hair.

**Safety:** Natural ingredients are considered to be safer than chemical-based treatments. They are less likely to cause skin irritation or allergic reactions, and they are less toxic if ingested or if they come into contact with mucous membranes.

**Effectiveness:** We use a range of oils in our products as the actioning proponents. You will find Eucalyptus oil, Lavender oil and T-tree in our headlice treatment and they are well known to have insecticidal properties that can help to repel lice and help to break down the glue structure in the Nits eggs.

**Environmental friendliness:** Natural ingredients are biodegradable and do not have a negative impact on the environment. This contrasts with chemical-based treatments, which can be toxic to the environment if not disposed of properly.

**Soothing to skin:** Our natural ingredients have moisturizing properties that can soothe irritated skin and promote healing.

**Safety concerns:** We believe our product will be completely safe for use on your family. However, we cannot predict or negate the small percentage of people who may have a negative reaction to our products. We have been treating a wide array of people, skin types, and hair types for many years now, with very few issues related to the treatment. But it is extremely important to follow the instructions carefully and to seek medical advice if you have any concerns or reactions especially if there is an allergy to plants (usually an anti-histamine is advised).

## **CONCLUSION:**

Head lice are a widespread problem, but they can be prevented and treated. By avoiding head-to-head contact with infected individuals, not sharing combs, brushes, hats, headphones, or other items that come into contact with the hair, and keeping long hair tied back or braided, you can reduce your risk of getting head lice.

We believe that '**NIT BUSTERS**' is a highly safe, natural, proven, established, effective, and environmentally friendly alternative to chemical-based treatments that you should treat head lice within your home with.

**'Nit Busters'** head lice treatment is an effective way to control and treat head lice.

The Range of products consists of a Treatment, Shampoo, Leave-in conditioner/detangler, and Preventative, all made from natural ingredients.

Our products come in 200 ml, 500 ml, and 1 litre refills.



If you need help and assistance in ridding your head of head lice, you can contact us at:-

**THE ARK HAIR & BEAUTY SALON, 135 VINCENT ST CESSNOCK 2325, NSW, Australia.**

**Phone (02) 49904887.**

**www.arkessentials.com.au** all stock can be ordered, paid for, and is usually sent the same day.  
Facebook at Ark Essentials Cessnock and The Ark Hair & Beauty Cessnock, and on Instagram at  
theark135.

Please note that the "**Nit Busters**" name, logo and Individual Products are  
**Trademarked in Australia.**

**Any breach of this Trademark WILL result in Legal action.**

This e-book was written and produced by Roslyn Williams and edited by Luke Jamieson at The Ark  
Cessnock Hair & Beauty Salon in February 2023.