

You will need to have the following supplies

- ☐ PANTENE CONDITIONER
- ☐ SPRAY BOTTLE WITH 75% VINEGAR AND 25% LISTERINE
- ☐ BAKING SODA
- ☐ PAPER TOWEL (bounty is the best because it doesn't have specks on it)
- ☐ GOOD METAL COMB

Step One:

Take a layer of hair starting from the nape of the neck. **On dry hair, spread the conditioner and comb.** Always start from the root of the hair and comb on both sides of the hair. After each combing, wipe the comb on a paper towel and check if there are any lice or nits on it.

Step Two:

Spray vinegar and Listerine solution. This agent helps slide, kill, and disintegrates the nits. Comb on both sides of the hair, and again check on the paper towel.

Step Three:

Sprinkle baking soda. This thickens the hair and pulls more nits out. You need to feel a little pressure and hear a scouring sound when combing with baking soda. Comb on both sides of hair, and check on the paper towel.

If nothing is coming out on the paper towel, then **bring down the next layer and repeat.** Always comb over the layer that you just did. The more you comb the better results you will have.

Wash the hair out well then dry and recheck the hair, strand by strand.

It's important to continue combing every day for two weeks. It takes three days for the nits to be visible to the human eye. If you find even one nit, you must continue combing for three more days.