

Simple remedies.

Natural treatment for head lice.

To help in the eradication of head lice try this simple and chemical free method.

Add 10 drops each of tea tree and lavender oils to your shampoo or conditioner. This also helps a dry scalp.

To make a simple chest rub.

Add 1 drop of eucalyptus and 1 drop of lavender essential oils to 1 teaspoon of petroleum jelly. Make sure you do a patch test first though.