

Gather the following supplies:

- Listerine mouthwash (off-brands work just fine as well)
- White vinegar
- Shower cap or plastic bags from the grocery store
- A couple towels
- Shampoo
- Lice comb

Simple how-to instructions:

Even though they don't recommend using the blue or green mouthwash on blondes, we did and didn't have any problems. Douse your child's head with as much Listerine as needed to completely wet their head.

Once their head is completely drenched, gather their hair and put a plastic grocery bag, or shower cap, over it and leave it sit for at least an hour. We just used a few grocery bags to keep the wetness in and placed a towel around their shoulders. Children can play and do whatever you like. Just make sure to form a tight seal around their scalp to keep the lice in.

After enough time has passed, carefully remove the bags. You might be surprised at how many dead head lice are in the bags. Definitely not what you want to see, but at least you know it is doing the job.

Carefully rinse the mouthwash from their hair. Douse their head with the white vinegar. Reapply the bags again. Let it sit for another hour.

After an hour, take the bags off carefully. Rinse the vinegar from their hair. Shampoo as normal.

Once done, comb their hair using the lice comb. The vinegar helps to loosen the glue on the eggs, so that way you can easily comb them out.

The smell of the Listerine will help to keep them away. Lice especially don't like the smell of spearmint, so you can put a bit of Listerine in a spray bottle with some water and spray your little one's hair before they head to school.

Sure, you might spend a few hours doing the entire treatment, but you aren't shoving a bunch of harsh chemicals into your little one's bloodstream. Yeah, all of that lice medication goes straight through the scalp and into their system. Not something we were willing to deal with.

This healthy, safe alternative only costs a few dollars, but the results last for quite some time. After one treatment, we never had lice again. A few spritzes of the spearmint/water combo every morning was all it took to keep them away.