

Head Lice Prevention

A head lice infestation can throw any household into turmoil. The best way to avoid this is to understand how lice are spread, and to learn a few key head lice prevention techniques.

Head Lice Prevention Tips

The most common way to contract head lice is by hair-to-hair contact. Head lice can also be spread by sharing clothing or belongings with an infected person. Teach these head lice prevention tips to your family:

- Avoid "head-to-head" contact during sports and playtime.
- Don't borrow or share personal items that contact the head, including combs, brushes, hats, scarves, sporting helmets, hair ties, head bands, etc.
- If someone you know is infested, avoid laying on their furniture, pillows or sleeping bags. While it's not likely that you'll catch head lice this way, it's better to be safe than sorry.

Products for Head Lice Prevention

Keep your child safe at school, camp and sleep-overs with a simple, non-toxic approach to head lice prevention. Look for:

- A daily shampoo for head lice prevention
- A daily conditioner
- A leave-in tonic that protects round the clock
- A fabric spray that works to keep hats, jackets and backpacks lice-free

The Complete Head Lice Prevention Pack from the Lice Treatment Center contains all you need to keep your family free of lice. Developed by a pediatrician and a mom, these products are all natural, organic and non-toxic. Head lice prevention does not have to be harsh, smelly or loaded with chemicals!

Dr. Elin Cohen is a board certified Pediatrician who has extensively researched and developed a safe and comprehensive method for treating head lice. Approaching the problem as both a mother of two, and a professional, she appreciates the concern that the [product](#) be not only effective but also gentle and non-toxic.

She received her undergraduate degree from Harvard University and her medical degree from Albert Einstein College of Medicine. Dr. Cohen did her residency at Montefiore Medical Center and completed a fellowship at Yale University. She has been practicing pediatrics for over ten years.

*Dr. Cohen has developed all the [Jolis Cheveux™ by LTC products](#) exclusively for LTC.
<http://www.licetreatmentcenter.net/>*