

Head Lice Prevention Tips

The Centers for Disease Control estimates that there are about **6 to 12 million children between the ages of 3 and 11 that are infected with lice annually**. Lice infestation occurs year-round, but the most activity is during the summer and back-to-school time. To help prevent the spread of lice to yourself or your children, here are a few tips:

- **Teach and Practice Good Habits** - To reduce the chance of you or your child contracting a case of head lice, start by not sharing items that touch the head. Avoid sharing: combs, brushes, hats, bike helmets, coats, towels, headsets and ear buds.
- **Avoid Head-to-Head Contact** - Ask your child to avoid games and activities that lead to head-to-head contact with classmates and other friends.
- **Space It Out** - Shared spaces as well as shared belongings can be breeding grounds for lice. Closets, lockers, drawers, and common clothes hooks can create an easy opportunity for lice to pass from one person's things to another's.
- **Take Precautions** - When people—especially kids—come into close contact or share belongings, lice can easily pass from one person to another. This is true even if you teach children good hygiene and practice it yourself. But by taking some precautions, you may be able to prevent your child from getting or spreading lice.
- **Use Lice Prevention Hair Care Products Every Day** – Glop & Glam's Candy Apple Shampoo, Blueberry Blast Clarifying Shampoo, Cake Batter Conditioner and Cream-sicle Mist Detangler contain Andiroba and Melaleuca Alternifolia Leaf Oils as well as Quassia Amara Wood Extract. This unique blend of ingredients serves as an effective and worry-free lice preventative, keeping those unwanted bugs far away from little heads.

Hear What Our Customers Have To Say

"I have used Candy Apple Shampoo for some time now. My stylist recommended it for my girls as lice preventive. So far so good after 1 year of use and multiple lice notices at school. Yes, I would recommend this to a friend." **Breanna – Plymouth, MI**

"My best friend just informed me that her 8 year old son got lice from school and passed it on to her - not good especially since she was just over our house 2 days prior to that revelation! I checked my girls and they were and are still LICE-FREE. THANK GOODNESS! I have been getting my 9 year old and 7 year old daughters to use this Blueberry Shampoo every other day or so in order to make sure they are thoroughly cleaning out the hair gel they use for ballet classes - it really does the trick.

Is this the only reason they have never had lice? Maybe not, but I will be happy to use whatever is safe and fun in order for my kids to have no problems. Besides, they love the blueberry scent!" **AK Mama – Palm Beach, FL**

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