

## **Instructions for Paw Paw Lice Remover Shampoo**

(Links go to a website where items can be purchased).

### **The Easy, but “Gritty” Recipe:**

10 capsules of Nature's Sunshine [Paw Paw Cell Reg™](#) can be opened and mixed into about 2 tablespoons of shampoo. This will be gritty, but still have effectiveness. In addition, add 7 drops of Nature's Sunshine [Thyme Essential Oil](#) and 4 drops of Nature's Sunshine [Tea Tree Oil](#).

### **The Non-Gritty Recipe:**

Combine the contents of 10 capsules of Nature's Sunshine [Paw Paw Cell Reg™](#) with 1 ounce (2 tablespoons) pure grain alcohol or isopropyl alcohol.

Mix together well in a small glass. Cover and let stand until particles have settled. Carefully pour off the liquid onto a saucer. (The alcohol extracts the active compounds in the paw paw capsules. Thus it is important to not discard the liquid!)

Add 2 more tablespoons of alcohol to the solid mass in the glass, mix well. Cover and let stand until the particles have settled. Carefully pour off the liquid onto the saucer. Some of the particles may pour off with the liquid.

Let the saucer stand until all the alcohol has evaporated. When the alcohol has evaporated, mix 6 teaspoons (2 tablespoons) of shampoo into the residue on the saucer until well combined and uniform in color. In addition, add 7 drops to Nature's Sunshine [Thyme Essential Oil](#) and 4 drops of Nature's Sunshine [Tea Tree Oil](#) to the shampoo mixture.

You can make a larger batch of shampoo. However, it will take longer for evaporation of the alcohol to occur.

### **Instructions for Use:**

Follow instructions exactly for removal of head lice.

1. Lather two tablespoons (30 ml) of shampoo into dry hair and scalp.
2. Place shower cap/hair net on head to contain shampoo and to protect the eyes
3. Leave shampoo lather on hair for 60 minutes.
4. Rinse shampoo thoroughly from hair and scalp.
5. Dry and comb hair thoroughly with lice comb and remove nits/lice.
6. Repeat steps 1-6 in 8 days and again in 16 days to insure thorough and complete removal; use regular shampoo in the meantime.

\*Long or thick hair will require one additional tablespoon of shampoo and will need to remain on head an additional 15 minutes.

Taken from the website [www.pawpawresearch.com](http://www.pawpawresearch.com)