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## Lice Lessons

Those little buggers can be tough to beat, but this guide to safe and effective treatments will help you ditch the itch.

By Renee Sagiv Riebling from [Parents Magazine](#)

### Can essential oils prevent lice?

It's a question many parents ask, feeling that sending their child to a lice-prone classroom is akin to marching her into battle without armor. Studies have shown that some essential oils do, indeed, possess anti-lice properties. But, like other natural products, lice treatments based on these scented oils aren't required to be tested and FDA-approved. Heather Jeney, M.D., an integrative pediatrician in Montclair, New Jersey, has found certain formulas -- including Fairy Tales' Rosemary Repel line -- to be effective.

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