

Hello,

My name is **Peter** and I have been treating vitiligo since **2017**.

As a vitiligo patient, I have been interested in vitiligo treatment since time immemorial and looked for all the available information and products that could efficiently help me. Only thanks to the knowledge from foreign dermatologists did I get my disease under control and decided to establish an online store Vitiligoshop with which I try to help people in the treatment of vitiligo.

You can read my whole story in the article: "[About us](#)".

In partnership with the Dutch Vitiligoshop we focus exclusively on the treatment of vitiligo.

In our e-shop <https://www.vitiligoshop.net> you will find all available products, as well as many important articles and information that help to treat this autoimmune disease.

Creating our own products called "**VITISTOP**", which are more efficient and cheaper than products available from abroad, I consider to be our greatest success.

These are, in particular, "[VITISTOP gel](#)" and "[VITISTOP tablets](#)", which have been tailor-made in a specialized laboratory with the latest knowledge about vitiligo for people suffering from this disease and contain all the necessary substances that contribute to skin pigmentation.

In our short e-book "**The HOME TREATMENT**" we bring you a simplified procedure for repigmenting a vitiligo with a Dermalight 80 hand lamp.

Our treatment recommendations are set in consultation with **Dr. Harris** from the American Vitiligo Clinic and Research Center, however, we recommend that you consult your dermatologist, as each patient is specific.

Thanks to our knowledge and experience, we have helped many of our customers achieve the desired success in repigmenting vitiligo.

You can read more about the **results of our customers' repigmentation** [HERE](#).

One of our most successful repigmentation stories is the **PPPeter story**, which you can read on our [blog](#).

If you have any questions, do not hesitate to contact us at: info@vitiligoshop.net

You can also follow all **current promotions** and **discounts on our** social networks :

 **VitiligoShop**

The HOME TREATMENT

TREATMENT TIME - individual for **at least 4 to 14 months**, depending on the size of the spots and location.

APPROACH:

1. VITISTOP Gel

For 4 -14 months, apply an appropriate amount of gel **once a day to thoroughly cleansed and dry skin, including the peripheral areas**. Thoroughly massage the gel into the skin with circular movements using your fingertips. By massaging, apply sufficient pressure and warmth to achieve optimal release and absorption of effective enzymes into the skin.

Vitistop gel increases the **skin's sensitivity to light**, so it is necessary to dose radiation from a UVB lamp or the sun very **carefully**.

Example: (Vitistop gel + sun):

Apply the Vitistop gel, wait 30 minutes, and then expose the affected vitiligo to sunlight for 10 minutes. If the vitiligo is not reddened the next day, increase your exposure to the sun by another 5 minutes.

The expected result is a **slight redness of vitiligo**, which may persist for the next day.

The exact time in the sun cannot be determined, as the sun has different intensity throughout the year and each of us has a different skin sensitivity to sunlight.

Caution: When staying in the sun for more **than 10 minutes**, we recommend to use a cream **with a protective factor!**

Example: (Vitistop gel + UVB lamp):

Apply the Vitistop gel, wait 30 minutes and then use the UVB lamp exactly according to the instructions. The first radiation should last 12-20 seconds. If the vitiligo is not reddened the next day, extend the lamp irradiation time exactly according to the instructions. Proceed in this way until you achieve the desired effect, which is the subtle redness of vitiligo.

The exact time of radiation cannot be determined, as each of us has a different skin sensitivity to radiation.

The average radiation treatment time ranges **from 2 to 4 minutes**.

Recommendation: Start off cautiously to see how your skin reacts to the gel and the **sun/UVB lamp**, slowly increasing the dose over the next few days until there is a slight reddening of the skin. This usually does not show up until the next day.



2. DERMALIGHT with UVB lamp

The first irradiations start at **20 seconds** for a given area that is covered by a lamp (1 l x4 cm). Gradually increase this time with each additional irradiation until you reach the required time, which is in the range of a maximum of **4-5 minutes**. Remember that each skin type is **different** and therefore the **exact time of the irradiations cannot be determined explicitly**. The ideal result of irradiation is a **slight reddening of the vitiligo**, which occurs shortly after the end of irradiation and may persist until the next day.

If the skin is too burnt and red for two days, then it is necessary to change the irradiation time and find the ideal time (for example: after 4 minutes of irradiation I have too red skin three days in a row, so I will reduce the next irradiation by 45 seconds and I will only irradiate 3 minutes and 15 seconds).



Example: *I irradiate 3 times a week for 4 minutes on each area for 3 months. After 3 months, I start irradiating 2 times a week.*

During the summer, we recommend using the sun's rays and taking a break from using a home lamp. We do not recommend exposing the body to two types of radiation.

Phototherapy must be monitored by a dermatologist, who will then complete the entire therapy process.

3. PROTOPIC 0.1 %

Apply Protopic **twice a day - in the morning and in the evening**. Do not apply Protopic **before irradiation**. Either skip Protopic that day or use it only after irradiation. It is possible to take Protopic for a long time, there is no need to interrupt the process. **Protopic 0.1% is only available with a prescription**, so we recommend consulting your **dermatologist about the exact use**.

4. VITISTOP tablets

We recommend taking them every **morning after breakfast**. They contain all the key **vitamins** and **minerals** to such an extent that no other nutritional supplements need to be taken.

They also contain the patented component **EXTRAMEL®**, which is a superoxide dismutase contained also in the well-known Vitix gel or Vitiskin, and which has the largest **share in the formation of a new pigment**.

After 3 months of use, we recommend a **2-4 week break**.



5. OTHER supplements

Chlorella, marine collagen, fruit smoothies are dietary supplements that play an important role in the fight against vitiligo.

Chlorella is a **100% BIO product** to support detoxification and the proper functioning of the immune system.

Last but not least, **rich** and **varied diet** is important in the proper treatment of vitiligo, as well as the [elimination of stress](#), which in some way helps to **slow down** or even **completely stop the depigmentation process!**

In our blog "[Recipe for vitiligo](#)" we described the treatment of vitiligo in brief.



WE WISH YOU GOOD LUCK IN REPIGMENTING YOUR VITILIGO!

DON'T FORGET TO SHARE YOUR RESULTS WITH US.

YOUR VITILIGOSHOP

