

Skin Type Assessment

Name: _____

Ethnic Background:

African	Asian	Caucasian/white	Hispanic	Mediterranean
Indian	Latino	Middle Eastern	Native American	Other

Genetic Disposition:

Score	0	1	2	3	4
Your eye color?	Light blue, Gray, Green	Blue, Gray, or Green	Blue	Dark Brown	Brownish Black
Natural color of your hair?	Sandy Red	Blond	Chestnut / Dark Blond	Dark Brown	Black
Color of your non-exposed skin?	Reddish	Very Pale	Pale with beige tint	Light Brown	Dark Brown
Do you have freckles on unexposed areas?	Many	Several	Few	Incidental	None

Reaction to Sun Exposure:

Score	0	1	2	3	4
What happens when you stay too long in the sun?	Painful redness, blistering, peeling	Blistering followed by peeling	Burn sometimes followed by peeling	Rarely burn	Never burn
To what degree do you turn brown?	Hardly or not at all	Light color tan	Reasonable tan	Tan very easily	Turn dark brown quickly
Do you turn brown within several hours of sun exposure?	Never	Seldom	Sometimes	Often	Always
How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem

Tanning Habits:

Score	0	1	2	3	4
Last exposure to the sun or tanning booth / cream?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than 1 month ago	Less than 2 weeks ago
Did you expose the area to be treated to the sun?	Never	Hardly ever	Sometimes	Often	Always

Heritage Score:

For each parent of african american or east indian descent add 10 points 0 10 20

Skin Type Score	Fitzpatrick Skin Type
0-7	I
8-16	II
17-25	III
25-30	IV
31-34	V
Over 35	VI