

Skin Typing

ASSESSMENT QUIZ



SCORE >	0	1	2	3	4	REPORT SCORE
What is the color of your eyes?	light blue, gray, green	blue, gray or green	blue	dark brown	brownish black	
What is the natural color of your hair?	sandy red	blond	chestnut, dark blond	dark brown	black	
What is the color of your skin (non-exposed areas)?	reddish	very pale	pale with beige tint	light brown	dark brown	
Do you have freckles on non-exposed areas?	many	several	few	incidental	none	

GENETIC PREDISPOSITION TOTAL SCORE:

SCORE >	0	1	2	3	4	REPORT SCORE
What happens when you stay in the sun too long?	painful redness blistering, peeling	blistering followed by peeling	burns sometimes followed by peeling	rare burns	never had burns	
To what degree do you turn brown?	hardly or not at all	light color tan	reasonable tan	tan very easy	turn dark brown quickly	
Do you turn brown within several hours after 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	

REACTION TO SUN EXPOSURE TOTAL SCORE:

SCORE >	0	1	2	3	4	REPORT SCORE
When did you last expose your body to sun (or artificial sunlamp or self-tanning cream)?	more than 3 months ago	2 - 3 months ago	1 - 2 months ago	less than a month ago	less than 2 weeks ago	
Did you expose the same area to be treated by the sun?	never	hardly ever	sometimes	often	always	

TANNING HABITS TOTAL SCORE:

Add the 3 total scores from above for overall quiz score

Quiz Score

Quiz Skin Type

Final Skin Type

Patient Name

Date of Assessment

0 - 7	8 - 16	17 - 25	25 - 30	30+	30+
White / Pale <i>Always burns and never tans</i>	White / Fair <i>Usually burns, tans with difficulty</i>	Fair to Beige <i>Sometimes mild burn, gradually tans to olive</i>	Olive Tone to Brown <i>Rarely burns, tans with ease to moderate brown</i>	Medium to Dark Brown <i>Very rarely burns, tans very easily</i>	Very Dark Brown to Black <i>Never burns, tans very easily, deeply pigmented</i>