alaska
body aesthetics

SKIN TYPING WORKSHEET

Name: _____ Date: _____

Score: _____

	0	1	2	3	4
What is your eye color?	Light blue or gray	Blue or green	Hazel or light brown	Dark brown	Brownish black
What is the natural color of your hair?	Red or sandy red	Blonde	Dark blond, chestnut, or brown	Dark brown	Black
What is the color of your skin – unexposed areas?	Reddish	Very pale	Pale with beige tint	Light brown	Dark brown
Do you have freckles on sun-exposed areas?	Many	Several	Few	Incidental	None
What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering, followed by peeling	Burns, sometimes followed by peeling	Rarely burns	Never had burns
To what degree do you turn brown?	Hardly any or not at all	Light tan	Reasonable tan	Tan very easily	Turn dark brown quickly
Do you turn brown several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always
How does your face respond to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem
When did you last expose yourself to the sun, tanning bed or self-tanning cream?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than 1 month ago	Less than 2 weeks ago
How often is the area you want to have treated exposed to the sun?	Never	Hardly ever	Sometimes	Often	Always
TOTALS:					

Add the above columns for the total score:

Fitzpatrick Skin Type I	0-7
Fitzpatrick Skin Type II	8-16
Fitzpatrick Skin Type III	17-25
Fitzpatrick Skin Type IV	26-30
Fitzpatrick Skin Type V-VI	Over 30