



Skin Typing

Name: _____

Please answer the following questions by circling the number which best describes you.

Your clinician will total your score during the consultation.

- My ethnic origin is closest to:**
- Very fair (*Celtic and Scandinavian*)
 - Fair-skinned Caucasian with light hair and light eyes
 - Pale-skinned Caucasian with dark hair and dark eyes
 - Olive-skinned (*Mediterranean, some Asian, some Hispanic*)
 - Dark-skinned (*Middle Eastern, Hispanic, Asians, some African*)
 - Very dark-skinned (*African*)

- My eye color is:**
- Light blue 0
 - Blue / Green 1
 - Green / Gray / Golden Hazel / Light brown 2
 - Brown 3

- My natural hair color at age 18 was:**
- Red 0
 - Blonde 1
 - Light brown 2
 - Dark brown 3
 - Black 4

- The color of my skin that is not normally exposed to sun is:**
- Pink to reddish 0
 - Very Pale 1
 - Pale with a beige tan 2
 - Light brown 3
 - Medium to dark brown 4
 - Dark brown - black 5





| | | |
|---|--|---|
| If I go out into the sun for an hour or so without sunscreen and have not been out in the sun for weeks, my skin will: | Burn, blister and peel | 0 |
| | Burn, then when burn resolves there is little or no color change | 1 |
| | Burn, but then turns to tan in a few days | 2 |
| | Get pink, but then turns to tan quickly | 3 |
| | Just tan | 4 |
| | Just gets darker | 5 |
| | My skin color is so dark I can't tell | 6 |
| When was the last time the area to be treated was exposed to natural sunlight, tanning booths or artificial tanning cream? | Longer than one month ago | 0 |
| | Within the past month | 1 |
| | Within the past two weeks | 2 |
| | Within the past week | 3 |

Total Score: _____

| If your score is: | Your skin type is: |
|-------------------|--------------------|
| 0 - 3 | 1 |
| 4 - 7 | 2 |
| 8 - 11 | 3 |
| 12 - 15 | 4 |
| 16 - 19 | 5 |
| 20 - 24 | 6 |

Additional skin response questions:

If you sustain an injury to your skin such as a cut, burn, or bruise, how long does it take to fully resolve without any hyperpigmentation? _____

What happens if you get an insect bite? _____

