

# The Fitzpatrick Skin-Type Chart

You can use this skin-type chart for self-assessment, by adding up the score for each of the questions you've answered. At the end there is a scale providing a range for each of the six skin-type categories. Following the scale is an explanation of each of the skin types. You can quickly and easily determine which skin type you are.

## Genetic Disposition

Score	0	1	2	3	4
<b>What is the colour of your eyes?</b>	Light blue, Grey, Green	Blue, Grey or Green	Blue	Dark Brown	<b>Brownish Black</b>
<b>What is the natural colour of your hair?</b>	Sandy Red	Blond	Chestnut/Dark Blond	Dark Brown	<b>Black</b>
<b>What is the colour of your skin (non exposed areas)?</b>	Reddish	Very Pale	Pale with Beige tint	Light Brown	<b>Dark Brown</b>
<b>Do you have freckles on unexposed areas?</b>	<b>Many</b>	<b>Several</b>	<b>Few</b>	<b>Incidental</b>	<b>none</b>

Total score for Genetic Disposition: \_\_\_\_\_

## Reaction to Sun Exposure

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

Total score for Reaction to Sun Exposure: \_\_\_\_\_

## Tanning Habits

Score	0	1	2	3	4
<b>When did you last expose your body to sun (or artificial sunlamp/tanning cream)?</b>	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a month ago	<b>Less than 2 weeks ago</b>
<b>Did you expose the area to be treated to the sun?</b>	<b>Never</b>	<b>Hardly ever</b>	<b>Sometimes</b>	<b>Often</b>	<b>Always</b>

Total score for Tanning Habits: \_\_\_\_\_

Add up the total scores for each of the three sections for your Skin Type Score.

## Skin Type Score - Fitzpatrick Skin Type

<b>0-7</b>	<b>I</b>
<b>8-16</b>	<b>II</b>
<b>17-25</b>	<b>III</b>
<b>25-30</b>	<b>IV</b>
<b>over 30</b>	<b>V -VI</b>

**TYPE 1:** Highly sensitive, always burns, never tans. Example: Red hair with freckles

**TYPE 2:** Very sun sensitive, burns easily, tans minimally. Example: Fair skinned, fair haired Caucasians

**TYPE 3:** Sun sensitive skin, sometimes burns, slowly tans to light brown. Example: Darker Caucasians.

**TYPE 4:** Minimally sun sensitive, burns minimally, always tans to moderate brown. Example: Mediterranean type Caucasians, some Hispanics.

**TYPE 5:** Sun insensitive skin, rarely burns, tans well. Example: Some Hispanics, some Blacks

**TYPE 6:** Sun insensitive, never burns, deeply pigmented. Example: Darker Blacks.

**\*\*IF YOUR SCORE IS; I or V or VI**

I typically albino

V or VI typically Indian or African descent

**YOU ARE NOT A CANDIDATE FOR OUR LASER - YOU SHOULD FIND A CLINIC THAT HAS A 'YAG LASER'**