



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
What is your eye color?	Light Blue, Grey	Dark Blue, Green	Light Brown, Hazel	Dark Brown	Brownish Black
What is your Natural Hair Color?	Sandy Red	Blonde	Dark Blonde/ Chestnut	Dark Brown	Black
What is the 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

Total score for Genetic Disposition: _____

Reaction to Sun Exposure

SCORE	0	1	2	3	4
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 a burn
To what degree do you turn brown?	Hardly or not at all	Light Tan	Reasonable Tan	Tan very easily	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

Total score for Reaction to Sun Exposure: _____

Tanning Habits

SCORE	0	1	2	3	4
When did you last expose your body to sun (or artificial sunlamp/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
Did you expose the area to be treated to the sun?	Never	Hardly Ever	Sometimes	Often	Always

Total score for Tanning Habits: _____

Skin Type Score - Fitzpatrick Skin Type

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 African American

TYPE 6: Sun insensitive, never burns, deeply pigmented.

Example: Darker African Americans

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

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

Name _____

Date _____

Reviewed/Date _____