

# dermalogica

## 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 color are your eyes?	light blue, grey, green	blue, grey 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 color is your skin (unexposed areas)?	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 burns
To what degree do you turn brown?	hardly or not at all	light color 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 an artificial sunlamp/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
How often do you expose the area to be treated to the sun?	never	hardly ever	sometimes	often	always

TOTAL SCORE FOR TANNING HABITS: \_\_\_\_\_

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

OVERALL SCORE: \_\_\_\_\_

## skin type score - fitzpatrick skin type



Highly sensitive, always burns, never tans.



Very sun sensitive, burns easily, tans minimally.



Sun sensitive skin, sometimes burns, slowly tans to light brown.



Minimally sun sensitive, burns minimally, always tans to moderate brown.



Sun insensitive skin, rarely burns, tans well.



Sun insensitive, never burns, deeply pigmented.