

Skin Typing Worksheet

PATIENT NAME: _____ **DATE:** _____

Please answer the following questions by circling the number which best describes you. Your clinician will total the score during the consultation.

- My ethnic origin is closest to:** (Circle one)
- I. Very fair (Celtic and Scandinavian)..... 0
 - II. Fair-skinned Caucasians with light hair and light eyes..... 1
 - III. Pale-skinned Caucasians with dark hair and dark eyes..... 2
 - IV. Olive-skinned (Mediterranean, some Asian, some Hispanic..... 3
 - V. Dark-skinned (Middle Eastern, Hispanic, Asians, some Africans)..... 4
 - VI. Very dark-skinned (African)..... 5

- My eye color is:**
- Light Blue..... 0
 - Blue/Green..... 1
 - Green/Gray/Golden..... 2
 - Hazel/Light Brown..... 3
 - Brown..... 4

- 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 the sun is:**
- Pink to Reddish..... 0
 - Very Pale..... 1
 - Pale with a Beige tint..... 2
 - Light Brown..... 3
 - Medium to Dark Brown..... 4
 - Dark Brown/Black..... 6

- 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, when the burn resolves there is little or no change..... 1
 - Burn, but turns to tan in a few days..... 2
 - Get pink, but 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..... 3
 - Within the past weeks..... 4

TOTAL SCORE

If your score is:	Your skin type is:	Notes:
0-3	Skin Type I	
4-7	Skin Type II	
8-11	Skin Type III	
12-15	Skin Type IV	
16-19	Skin Type V	
20-24	Skin Type VI	