

SKIN TYPE QUESTIONNAIRE

Please Check (✓) applicable answer for each of the following questions below

1. What is the natural colour of your untanned SKIN?
 - (0) Reddish – White
 - (2) White – Beige
 - (4) Beige
 - (8) Light Brown, Olive
 - (12) Brown
 - (16) Black

2. What is your natural HAIR colour?
 - (0) Red, Light Blond
 - (2) Blond, Light Brown
 - (4) Brown
 - (8) Dark Brown
 - (12) Brownish – Black
 - (16) Black

3. What is your EYE colour?
 - (0) Light Blue, Light Green, Light Gray
 - (2) Blue, Green, Gray
 - (4) Dark Gray, Light Brown, Hazel
 - (8) Brown
 - (12) Dark Brown

4. How many FRECKLES do you have?
 - (0) Many
 - (1) Some
 - (2) Few
 - (3) None

5. Which best describes your GENETIC heritage?
 - (0) Caucasian, English/Irish
 - (1) Caucasian, Lighter – Skinned European Ancestry
 - (2) Caucasian, Darker – Skinned European Ancestry
 - (4) Caucasian, Mediterranean Ancestry
 - (6) Middle Eastern, Indian, Asian, Hispanic Ancestry
 - (8) Aborigine, African Ancestry

6. Which best describes your SUNBURN potential?
 - (0) ALWAYS sunburn without tanning
 - (2) USUALLY sunburn but can tan a little
 - (4) OCCASIONALLY sunburn, tan moderately
 - (8) SELDOM sunburn and tan easily
 - (12) RARELY sunburn and develop a dark tan
 - (16) NEVER sunburn

7. Which best describes your TANNING potential?
 - (0) NEVER tan
 - (2) Can develop a LIGHT tan
 - (4) Can develop a MODERATE tan
 - (8) Can develop a DARK tan
 - (12) Can develop a VERY DARK tan

To determine your total score, add the points from your answers
 To questions 1 through 7 and compare your score
 To the skin types described below.

TOTAL SCORE _____

YOUR SKIN TYPE _____

SCORE	SKIN TYPE	DESCRIPTION
0-7	SKIN TYPE I	Very Sensitive to sunlight
8-21	SKIN TYPE II	Sensitive to sunlight
22-42	SKIN TYPE III	Normal sensitivity to sunlight
43-68	SKIN TYPE IV	Skin is tolerant to sunlight
69-84	SKIN TYPE V	Skin is brown. Tolerant to sunlight
85+	SKIN TYPE VI	Skin is black. Extreme tolerance