



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