

Fitzpatrick Skin Type Chart

GENETIC DISPOSITION

What is the colour of your eyes?

- ☐ 0 - Light blue, gray, green
- ☐ 1 - Blue , gray or green
- ☐ 2 - Blue
- ☐ 3 - Dark Brown
- ☐ 4 - Brownish Black

What is the natural colour of your hair?

- ☐ 0 - Sandy Red
- ☐ 1 - Blonde
- ☐ 2 - Chestnut / Dark Hair
- ☐ 3 - Dark Brown
- ☐ 0 - Black

What is the natural colour of your skin? (non exposed areas)

- ☐ 0 - Reddish
- ☐ 1 - Very Pale
- ☐ 2 - Pale With Beige Tint
- ☐ 3 - Light Brown
- ☐ 4 - Dark Brown

Do you have freckles on unexposed areas?

- ☐ 0 - Many
- ☐ 1 - Several
- ☐ 2 - Few
- ☐ 3 - Incidental
- ☐ 4 - None

REACTION TO SUN EXPOSURE

What happens when you stay in the sun to long?

- ☐ 0 - Painful redness, blistering, peeling
- ☐ 1 - Blistering followed by peeling
- ☐ 2 - Burns sometimes followed by peeling
- ☐ 3 - Rare Burns
- ☐ 4 - Never Had Burns

To what degree do you turn brown?

- ☐ 0 - Hardly or not at all
- ☐ 1 - Light colour tan
- ☐ 2 - Reasonable tan
- ☐ 3 - Tan very dark
- ☐ 4 - Turn dark brown quickly

Do you turn brown within several hours of sun exposure?

- ☐ 0 - Never
- ☐ 1 - Seldom
- ☐ 2 - Sometimes
- ☐ 3 - Often
- ☐ 4 - Always

How does your face react in the sun?

- ☐ 0 - Very sensitive
- ☐ 1 - Sensitive
- ☐ 2 - Normal
- ☐ 3 - Very resistant
- ☐ 4 - Never had a problem

TANNING HABITS

When did you last expose your body to the sun

- ☐ 0 - More than 3 months ago
- ☐ 1 - 2-3 months ago
- ☐ 2 - 1-2 months ago
- ☐ 3 - Less than a month ago
- ☐ 4 - Less than two weeks ago

Did you expose the area to be treated to the sun

- ☐ 0 - Never
- ☐ 1 - Hardly
- ☐ 2 - Sometimes
- ☐ 3 - Often
- ☐ 4 - Always