

Skin Type worksheet – To help us determine your tolerance to UV/Sunlight

	0	2	4	6	8	10	Total
What is the natural color of your untanned skin?	Reddish – White	White – Beige	Beige	Light Brown	Brown	Black	
What is your natural hair color?	Red, Light Blonde	Blonde, Light Brown	Brown	Dark Brown	Brownish – Black	Black	
What is your eye color?	Light Blue, Green or Grey	Blue, Green, or Grey	Dark Grey, Light Brown	Brown	Dark Brown	X	
How many freckles do you have?	Many	Some	Few	None	X	X	
What best describes your genetic heritage?	English, Irish or Scottish	Light skinned Caucasian	Dark skinned Caucasian	Spanish, Italian, Greek	Middle East, Indian, Asian, Latin American	African American	
What best describes your sunburn potential?	Always burn without tanning	Usually burn without tanning	Occasionally burn	Seldom burn & tan easily	Rarely burn & develop a tan	Never burn	
Which best describes your tanning potential?	Never tan	Can develop a light tan	Can develop a Moderate tan	Can develop a Dark tan	Can develop a very dark tan	X	
Do you eventually develop a tan?	No	Yes	X	X	X	X	
Do you always sunburn?	Yes	No	X	X	X	X	
Total Score	X	X	X	X	X	X	

If your total score is:	Your Skin Type is:	Your reaction to UV is:
0-2	1	Extremely sensitive to UV. Not a candidate for indoor or outdoor tanning. Will always burn and never or seldom tan
4-7	2A	Very sensitive to UV. Burn easily, tan minimally, may peel. Slow acquisition of a tan could reduce risk of burn upon future exposure.
8-12	2B	Quite sensitive to UV. Burn easily, tan minimally, may peel. Slow acquisition of a tan could reduce risk of burn upon future exposure.
13-20	2C	Somewhat sensitive to UV. Burn easily, tan minimally, may peel. Slow acquisition of a tan could reduce risk of burn upon future exposure.
21-31	3A	Normal reaction to UV. Burn moderately; tan gradually and uniformly to a light brown.
32-38	3B	Normal reaction to UV. Burn moderately; tan gradually and uniformly to a light brown.
39-44	4	Tolerant to UV, burn minimally, tan well to a moderate brown.
45-55	5	Very tolerant to UV. Rarely burn, tan easily and profusely to a dark brown.
56+	6	Extremely tolerant to UV.