

# SKIN TYPING/SUBTYPING QUESTIONNAIRE

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Your Skin Type/Subtype \_\_\_\_\_

Recommended SPF Level \_\_\_\_\_

Current UV Index Level \_\_\_\_\_

**Note:** This first question will help determine if you have the genetic capability to tan. If you are Type 1, we recommend you do not tan, that you use proper sunscreen and wear protective clothing when exposed to sunlight during hours of high levels ultraviolet radiation.

1. When exposed to ultraviolet radiation (sunlight or tanning bed);

- a) Do you eventually develop a tan?
  - Λ YES 2 points – go to question 1B
  - Λ NO = Skin Type 1 – go to 1B
- b) Or do you **SUNBURN** without tanning?
  - Λ NO 2 points – go to question 2
  - Λ YES = Skin Type 1 – stop

**Note:** The following questions will help determine your skin type/subtype. This information will help determine the correct sunscreen to use when exposed to ultraviolet radiation.

2. What is the natural color of your un-tanned **SKIN**?

- (0) Reddish-white
- (2) White-beige
- (4) Beige
- (8) Light brown
- (12) Brown
- (16) Black

3. What is your natural **HAIR** color?

- (0) Red, light blonde
- (2) Blonde, light brown
- (4) Brown
- (6) Dark brown
- (8) Brownish-black
- (10) Black

4. What is your **EYE** color?

- (0) Light blue, light green, light gray
- (2) Blue, green, gray
- (4) Dark gray, light brown
- (8) Brown
- (10) Dark Brown

5. How many **FRECKLES** do you have?

- (1) Few
- (0) None
- (1) Many
- (2) Some

6. Which best describes your **GENETIC** heritage?

- (0) Caucasian, Celtic (English/Irish)
- (2) Caucasian, light-skinned European
- (4) Caucasian, dark-skinned European
- (8) Caucasian, Mediterranean
- (12) Middle Eastern, Indian, Asian, Hispanic
- (16) Aborigine, African, African-American

7. Which best describes your **SUNBURN** potential?

- (0) Always sunburn without tanning
- (2) Usually sunburn, but tan slightly
- (4) Occasionally sunburn and tan moderately
- (8) Seldom sunburn and tan easily
- (12) Rarely sunburn and develop dark tan
- (16) Never sunburn

8. 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 1A and 1B through 8 and compare your score to the skin type/subtype described below.

Score	Skin Type	Tolerance To Ultra Violet Radiation
0-2	1	Genetically unable to tan
4-7	2A	Extremely low tolerance to UVR
8-14	2B	Very low tolerance to UVR
15-21	2C	Low tolerance to UVR
22-31	3A	Low/normal tolerance to UVR
32-41	3B	Normal tolerance to UVR
42-64	4	High/normal tolerance to UVR
65-84	5	Skin is brown and very UVR tolerant
85+	6	Skin is black and extremely UVR tolerant

**Note:** Please be aware of the fact that certain medications, foods, and other substances may increase sensitivity to ultraviolet radiation. If you suspect you are using a product that may temporarily increase your sensitivity to UVR, you should reduce your exposure time. Check with your tanning salon professional for additional information regarding 'Substances Known To Cause Photosensitivity' before tanning. We recommend sensible, moderate and responsible exposure to ultraviolet radiation.

