

A. DETERMINATION BASED ON YOUR HEREDITARY DISPOSITION	0	1	2	3	4	Points for Question
1. What is your eye color?	Light blue, grey, green	Blue, grey, or green	Blue	Dark brown	Brownish- black	
2. What is your hair color?	Sandy red	Blond	Chestnut/dark “dirty” blond	Dark brown	Black	
3. What is the color of your untanned skin?	Reddish	Very pale	Pale with beige tint	Light brown	Dark brown	
4. Are there freckles on your untanned skin?	Many	Several	Few	Incidental	None	
B. DETERMINATION BASED ON YOUR SUNBATHING HABITS	0	1	2	3	4	Points for Question
1. What happens when you stay long in the sun?	Painful redness, blistering, peeling	Burns regularly with peeling	Burns sometimes with peeling	Burns rarely	Never burns	
2. To what degree do you tan in the sun?	Hardly or not at all	Tan a little	Tan reasonably	Tans very easily	Quickly tans to a very dark shade	
3. Do you turn grey-brown directly after sunbathing?	Never	Hardly	Sometimes	Often	Always	
4. How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never a problem	
C. YOUR TANNING HABITS	0	1	2	3	4	Points for Question
1. When sunbathing, do you try to tan your whole body?	Never	Rarely	Sometimes	Often	Always	
2. When did you last sunbathe (indoors or outdoors)?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than 1 month ago	Less than 16 days ago	
					Total points	

Total score	Skin sensitivity	Skin behavior estimate
0-7	Very Sensitive	Type I
8-16	Sensitive	Type II
17-25	Normal	Type III
>25	Very Resistant	Type IV

Skin Typing Chart