

Fitzpatrick Skin Type Test

Eye colour

- 0. Light colours
- 1. Blue, grey or green
- 2. Dark
- 3. Brown
- 4. Black

Natural hair colour

- 0. Sandy red
- 1. Blond
- 2. Chestnut or dark blond
- 3. Brown
- 4. Black

Your skin colour

- 0. Reddish
- 1. Pale
- 2. Beige or olive
- 3. Brown
- 4. Dark brown

Freckles

- 0. Many
- 1. Several
- 2. Few
- 3. Rare
- 4. None

If you stay in the sun too long?

- 0. Painful blisters, peeling
- 1. Mild blisters, peeling
- 2. Burn, mild peeling
- 3. Rare
- 4. No burning

Do you turn brown?

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

How brown do you get?

- 0. Never
- 1. Light tan
- 2. Medium tan
- 3. Dark tan
- 4. Dip dark

Is your face sensitive to the sun?

- 0. Very sensitive
- 1. Sensitive
- 2. Sometimes
- 3. Resistant
- 4. Never have a problem

How often do you tan?

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

When was your last tan?

- 0. + 3 months ago
- 1. 2 - 3 months ago
- 2. 1 - 2 months ago
- 3. Weeks ago
- 4. Days

Score 0 - 9

Skin type I

Always burns, never tans,
European



Score 7 - 13

Skin type II

Always burns easily, tans minimally,
European



Score 14 - 20

Skin type III

Burns moderately, tans uniformly,
European



Score 21 - 27

Skin type IV

Burns minimally, always tans well,
Mediterranean, Asian



Score 28 - 34

Skin type V

Rarely burns, tans profusely, North
African, East Indian



Score 35+

Skin type VI

Never burns, South African, South
Indian, Australian

