

# Fitzpatrick Skin Type Quiz

Enter the number of your answer at the end of each row.

Client name: \_\_\_\_\_



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## Genetic Disposition

Answer:

What was your hair color when you were a child?	1 Red/light blonde	2 Blonde	3 Dark blonde/light brown	4 Dark brown	5 Dark brown/black	6 Black
What is the color depth of your eyes (i.e. light blue, medium blue)?	1 Very light	2 Light	3 Light/medium	4 Medium	5 Medium/dark	6 Dark
What is your skin color?	1 Very light	2 Light	3 Light/medium	4 Medium/beige undertone	5 Dark	6 Very dark

Subtotal:

## UV Exposure Response

What is your skin response with 15-20 minutes of unprotected sun exposure?	1 Quickly sunburns	2 Burns, no tanning	3 Tans slightly/burns with moderate exposure	4 Tans gradually, seldom burns	5 Tans well, rarely burns	6 Never burns
Do you turn brown within several hours after sun exposure?	1 Never	2 Seldom	3 Sometimes	4 Often	5 Frequently	6 Always
How long does discoloration from an injury last on your skin?	1 Less than 3 months	2 About 3 months	3 4-6 months	4 6-8 months	5 8 months or more	6 1 year or more

Subtotal:

**TOTAL:**

0-6 points: **Type 1** Sunburns quickly with under 20 minutes unprotected sun exposure. Very sensitive to the sun. Usually reacts well to exfoliation services. Hydration and sun protection 30+ is essential. Sun protection includes clothing, sunglasses, and hats.

7-12 points: **Type 2** Does not tan well, always burns, somewhat sensitive to the sun. Usually reacts well to exfoliation services. Hydration and sun protection 30+ is essential. Sun protection includes clothing, sunglasses, and hats.

13-18 points: **Type 3** Tans slightly, burns with moderate unprotected sun exposure. Hyperpigmentation is a possibility with chemical exfoliation. Use pigmentation suppression products post peel, with 30+ sun protection daily. Sun protection includes clothing, sunglasses, and hats.

19-24 points: **Type 4** Tans gradually, seldom burns. Pre-treat the skin for chemical exfoliation. Use care with mechanical exfoliation. Use pigmentation suppression products pre and post peel, with 30+ sunscreen daily.

25-30 points: **Type 5** Tans well, rarely burns. Pre-treat the skin for chemical exfoliation. Caution using resorcinol. Caution using mechanical exfoliation. Hyperpigmentation and scarring possible. Use pigmentation suppression products pre and post peel, with 15+ sunscreen daily.

31-36 points: **Type 6** Never burns. Pre-treat for all exfoliation services. No resorcinol use. Hyperpigmentation and scarring possible. Avoid aggressive mechanical exfoliation. Use pigmentation suppression products pre and post peel, with 15+ sunscreen daily.