**Please answer the following questions by circling   
the number which best describes you. Your   
clinician will total the score during the consultation.**

**Skin Typing Consultation Sheet**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_ / \_\_\_\_\_\_ / \_\_\_\_\_\_\_\_\_\_\_\_\_**

**1. My ethnic origin is closest to: (check one)**

Very fair (Celtic and Scandinavian)  Fair-skinned Caucasians with light hair and light eyes

Pale-skinned Caucasians with dark hair and dark eyes  Olive-skinned (Mediterranean, some Asian, some Hispanic)

Dark-skinned (Middle Eastern, Hispanic, Asian, some Africans)  Very dark-skinned (African)

**2. My eye color is:**

Light blue 0

Blue/Green 1

Green/Gray/Golden 2

Hazel/Light brown 3

Brown 4

**3. My natural hair color at age 18 was:**

Red 0

Blonde 1

Light brown 2

Dark brown 3

Black 4

**4. The color of my skin that is not normally exposed to sun is:**

Pink to reddish 0

Very pale 1

Pale with a beige tint 2

Light brown 3

Medium to dark brown 4

Dark brown-black 5

**5. If I go out into the sun for an hour or so without sunscreen and have not been out in the sun for weeks, my skin will:**

Burn, blister and peel 0

Burn, then when the burn resolves there is little or no color change 1

Burn, but then turns to tan quickly 2

Get pink, but then turns to tan quickly 3

Just tan 4

Just gets darker 5

My skin color is so dark I can’t tell 6

**6. When was the last time the area to be treated was exposed to natural sunlight, tanning booths or artificial tanning cream?**

Longer than one month ago 0

Within the past month 1

Within the past two weeks 2

Within the past week 3

**TOTAL SCORE \_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| IF YOUR SCORE IS: | YOUR SKIN TYPE IS: | NOTES / SPECIAL CONCERNS: |
| 0-3  4-7  8-11  12-15  16-19  20-24 | I  11  111  1V  V  VI |  |

**Contributed by:** John Hoopman, CMLSO | UT Southwestern Medical Center | Dallas, TX