

Skin Typing Matrix

Name: _____

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

My ethnic origin is closest to:	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, Asians,)	_____
	Very dark-skinned (African)	_____
My eye Color is:	Light blue	0
	Blue / Green	1
	Green / Gray / Golden	2
	Hazel / Light brown	3
	Brown	4
My natural hair color at age 18 was:	Red	0
	Blonde	1
	Light brown	2
	Dark brown	3
	Black	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 tan	2
	Light brown	3
	Medium to dark brown	4
	Dark brown - black	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 burn resolves there is little or no color change	1
	Burn, but then turns to tan in a few days	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
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:

0 – 3
4 – 7
8 – 11
12 – 15
16 – 19
20 – 24

Your skin type is:

1
2
3
4
5
6

Additional skin response questions:

- If you sustain an injury to your skin such as a cut , burn, or bruise, how long does it take to fully resolve without any hyperpigmentation?

- What happens if you get an insect bite?
