

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)	<input type="checkbox"/>
Fair-skinned Caucasian with light hair and light eyes	<input type="checkbox"/>
Pale-skinned Caucasian with dark hair and dark eyes	<input type="checkbox"/>
Olive-skinned (Mediterranean, some Asian, some Hispanic)	<input type="checkbox"/>
Dark-skinned (Middle Eastern, Hispanic, Asians, some African)	<input type="checkbox"/>
Very dark-skinned (African)	<input type="checkbox"/>

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:	Your skin type is:
0 - 3	1
4 - 7	2
8 - 11	3
12 - 15	4
16 - 19	5
20 - 24	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? _____