

# 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? \_\_\_\_\_