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# 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 Caucasian with light hair and light eyes
  - Pale-skinned Caucasian with dark hair and dark eyes
  - Olive-skinned (Mediterranean, some Asian, some Hispanic)
  - Dark-skinned (Middle Eastern, Hispanic, Asians, some African)
  - 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:	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? \_\_\_\_\_