

Fitzpatrick Skin Scale Test

Take the quiz below to discover what your type is. Total all the numbers up to get your final score.
Then review your results below.

Part I – Genetic Disposition

Your eye color is:

- Light blue, light gray or light green = 0
- Blue, gray or green = 1
- Hazel or light brown = 2
- Dark brown = 3
- Brownish black = 4

Your natural hair color is:

- Red or light blonde = 0
- Blonde = 1
- Dark blonde or light brown = 2
- Dark brown = 3
- Black = 4

Your natural skin color (before sun exposure) is:

- Ivory white = 0
- Fair or pale = 1
- Fair to beige, with golden undertone = 2
- Olive or light brown = 3
- Dark brown or black = 4

How many freckles do you have on unexposed areas of your skin?

- Many = 0
- Several = 1
- A few = 2
- Very few = 3
- None = 4

Total score for genetic disposition: _____

Part II – Reaction to sun exposure

How does your skin respond to the sun?

- Always burns, blisters and peels = 0
- Often burns, blisters and peels = 1
- Burns moderately = 2
- Burns rarely, if at all = 3
- Never burns = 4

Does your skin tan?

Never — I always burn = 0

Seldom = 1

Sometimes = 2

Often = 3

Always = 4

How deeply do you tan?

Not at all or very little = 0

Lightly = 1

Moderately = 2

Deeply = 3

My skin is naturally dark = 4

How sensitive is your face to the sun?

Very sensitive = 0

Sensitive = 1

Normal = 2

Resistant = 3

Very resistant/Never had a problem = 4

Total score for reaction to sun exposure: _____ Add (genetic disposition) and (sun exposure) totals to find your Fitzpatrick Skin Type: _____

~Results~**Skin Type I**

A score of 0 – 6 using the Fitzpatrick chart questions.

- Unexposed skin that is white
- Blue or light colored eyes
- White or very fair skin and freckles

Skin Photo Type I tans little or not at all, burns easily and severely, and then peels.

Individuals with Skin Photo Type I do not have the ability to create natural protection from ultraviolet exposure, and are particularly susceptible to burning and damage from UV radiation.



Skin Type 2

A score of 7 – 13 using the Fitzpatrick chart questions.

- Fair skin
- Blue or hazel eyes
- Naturally blonde, light brown or red hair

Skin Photo Type II usually burns easily and severely (painful burn), and tans minimally and lightly. Individuals with Skin Photo Type II are not recommended to use a tanning unit.



Skin Type 3

A score of 14 – 20 using the Fitzpatrick chart questions.

- Light brown skin
- Blue or hazel* eyes
- Brown hair
- Unexposed skin that is white

Skin Photo Type III burns moderately, and usually develops an average tan



Skin Type 4

A score of 21 – 27 using the Fitzpatrick chart questions.

- Moderate brown skin
- Dark-brown hair
- Dark eyes
- Unexposed skin that is white or light brown

Skin Type IV burns minimally, tans easily with each exposure and exhibits immediate pigment darkening



Skin Type 5

A score of 28 – 34 using the Fitzpatrick chart questions.

- Dark brown skin
- Dark-brown hair
- Dark eyes
- Unexposed skin that is light brown

Skin Type V rarely burns, tans easily and substantially, and always exhibits immediate pigment darkening



Skin Type 6

A score of 35+ using the Fitzpatrick chart questions.

- Naturally very dark brown – black skin
- Dark-brown – black hair
- Dark eyes
- Unexposed skin that is brown

Skin Type VI, tans easily, never burns and exhibits immediate pigment darkening.