



# Fitzpatrick Skin Type

The most commonly used scheme to classify a person's skin type by their response to sun exposure in terms of the degree of burning and tanning was developed by Thomas B. Fitzpatrick\*, MD, PhD. Examples are given below.

\* Fitzpatrick, T.B. (1988) The validity and practicality of sun reactive skin types I through VI. Arch Dermatol 124; 869-871.

## Eye colour

0. Light colours

1. Blue, gray or green
2. Dark
3. Brown
4. Black

## Natural hair colour

0. Sandy red

1. Blond
2. Chestnut or dark blond
3. Brown
4. Black

## Your skin colour (unexposed areas)

0. Reddish

1. Pale
2. Beige or olive
3. Brown
4. Dark brown

## Freckles (unexposed areas)

0. Many

1. Several
2. Few
3. Rare
4. None

## If you stay in the sun too long?

0. Painful blisters, peeling

1. Mild blisters, peeling
2. Burn, mild peeling
3. Rare
4. No burning

## Do you turn brown?

0. Never

1. Seldom
2. Sometimes
3. Often
4. Always

## How brown do you get?

0. Never

1. Light tan
2. Medium tan
3. Dark tan
4. Deep dark

## Is your face sensitive to the sun?

0. Very sensitive

1. Sensitive
2. Sometimes
3. Resistant
4. Never have a problem

## How often do you tan?

0. Never

1. Seldom
2. Sometimes
3. Often
4. Always

## When was your last tan?

0. +3 months ago

1. 2-3 months ago
2. 1-2 months ago
3. Weeks ago
4. Days

Score		
0-6	Skin Type I	
Always burns, never tans (pale white skin)		
7-13	Skin Type II	
Always burns easily, tans minimally (white skin)		
14-20	Skin Type III	
Burns moderately, tans uniformly (light brown skin)		
21-27	Skin Type IV	
Burns minimally, always tans well (moderate brown skin)		
28-34	Skin Type V	
Rarely burns, tans profusely (dark brown skin)		
35+	Skin Type VI	
Never burns (deeply pigmented dark brown to black skin)		

Images sourced from iStockphoto