



SKIN TYPE QUESTIONNAIRE

What is your skin sensitivity score?

For each question, choose the most appropriate answer and write the number in the right-hand column.

What is the colour of your eyes?

Light blue/grey/green	0	Blue/grey/green	2	<input type="text"/>
Light brown	4	Dark brown/black	8	

What was the natural colour of your hair at about the age of 16?

Blond/auburn	0	Medium brown	2	<input type="text"/>
Dark brown/black	4			

What is the colour of your skin where normally clothed BEFORE sunbathing?

Pale white/pinkish	0	White but not pale	2	<input type="text"/>
Light brownish white	4	Brownish white	8	
Light brown/yellowish	16	Dark brown	20	

Does your skin have a lot of freckles?

Yes	0	No	4	<input type="text"/>
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What happens if you sunbathe outdoors for a few hours at the start of summer?

Painful skinburn, peeling	0	Skinburn, some peeling	2	<input type="text"/>
Moderate skinburn	4	Very light skinburn	8	
No skinburn	12			

How brown does your skin tan after a week's holiday in a fairly sunny place?

Little or no tan	0	Moderate tan	2	<input type="text"/>
Deep tan	4	Skin naturally brown	8	

Add up the numbers. Check and write in total. Compare with the figures in the scoreboard. That is your guide to your skin type for suntanning.

SKIN SENSITIVITY SCOREBOARD

TOTAL	SKIN TYPE	DEFINITION
Under 12	1	Very sensitive skin
12 - 18	2	Sensitive skin
19 - 25	3	Normal skin sensitivity
26 - 40	4	Skin very resistant to the sun
Over 40	5 - 6	Naturally tanned