



Fitzpatrick skin phototype

The Fitzpatrick skin phototype is a commonly used system to describe a person's skin type in terms of response to ultraviolet radiation (UVR) exposure.

Genetic (physical traits)

Characteristics	Score				
	0	1	2	3	4
What are the colour of your eyes?	Light blue or green, grey	Blue, green, grey	Dark blue or green, light brown (hazel)	Dark brown	Brownish black
What is the colour of your hair (naturally and before aging)?	Red	Blonde	Chestnut or dark blonde	Dark brown	Black
What is the colour of your skin (unexposed areas)?	Pink	Very pale	Light brown or olive	Brown	Dark brown
Do you have freckles on unexposed areas?	Many	Several	Few	Rare	None

Sensitivity (reaction to sun exposure)

Exposure	Score				
	0	1	2	3	4
What happens to you skin if you stay in the sun for an extended period?	Severe burns, blistering, peeling	Moderate burns, blistering, peeling	Burns sometimes followed by peeling	Rare burns	No burns
Do you turn brown after sun exposure?	Never	Rarely	Sometimes	Often	Always
How brown do you get?	Hardly or not at all	Light tan	Medium tan	Dark tan	Very dark tan
Is your face sensitive to the sun?	Very sensitive	Sensitive	Mildly sensitive	Resistant	Very resistant

Intentional exposure (tanning habits)

Exposure	Score				
	0	1	2	3	4
How often to you tan?	Never	Rarely	Sometimes	Often	Always
When did you last expose your skin to the sun or artificial tanning sources (tanning beds)?	More than three months ago	In the last 2-3 months	In the last 1-2 months	In the last week	In the last day

Score: genetic + sensitivity + intentional exposure = skin type

Score	Description	Female	Male
0–6	Pale white skin Extremely sensitive skin, always burns, never tans <i>Example: red hair with freckles</i>		
Type I			
7–13	White skin Very sensitive skin, burns easily, tans minimally <i>Example: fair skinned, fair haired Caucasians, northern Asians</i>		
Type II			
14–20	Light brown skin Sensitive skin, sometimes burns, slowly tans to light brown <i>Example: darker Caucasians, some Asians</i>		
Type III			
21–27	Moderate brown skin Mildly sensitive, burns minimally, always tans to moderate brown <i>Example: Mediterranean and Middle Eastern Caucasians, southern Asians</i>		
Type IV			
28–34	Dark brown skin Resistant skin, rarely burns, tans well <i>Example: some Hispanics, some Africans</i>		
Type V			
35+	Deeply pigmented dark brown to black skin Very resistant skin, never burns, deeply pigmented <i>Example: darker Africans, Indigenous Australians</i>		
Type VI			

* The information published here is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.