

Skin Tone Questionnaire

The table below contains a simple list of questions, which are designed to help you identify your skin tone more accurately. Answer each question in the left-hand column and place a score in the box to the right that most accurately describes you.

For answers in column 0, score 0; For answers in column 1, score 1; For answers in column 2, score 2; For answers in column 3, score 3; For answers in column 4, score 4.

Add together the scores in each column and put the total in the box at the bottom of each column. Add together the total in each column and write the result in the box marked **Total Score**.

	0	1	2	3	4
What's your eye colour?	Light blue, grey or green	Blue, grey or green	Dark Blue, grey or green. Light brown or hazel	Dark Brown	Brownish black
Natural hair colour in the area of treatment?	Sandy Red	Blonde	Dark blonde, chestnut or light brown	Brown	Black
Your natural skin colour in exposed areas?	Reddish	Pale	Beige or olive	Brown	Dark Brown
How many freckles do you have in exposed areas?	Many	Several	Few	Hardly any	None
If you stay in the midday sun without sun cream, what happens?	Painful redness, blisters, peeling	Mild blistering followed by peeling	Sometimes burns with mild peeling	Rarely Burns	Never Burns
Do you turn brown after being in the sun?	Never	Seldom	Sometimes	Often	Always
How brown do you get?	Not brown at all	Light tan	Medium tan	Dark tan	Very dark tan
Is your face sensitive to the sun?	Very sensitive	Sensitive	Normal	Resistant	Never have a problem
How often do you tan?	Never	Seldom	Sometimes	Often	Always
When was your last tan?	+ 3months ago	2-3 months ago	1-2 months ago	Weeks ago	Within the past few days
TOTAL FOR EACH COLUMN					
TOTAL SCORE (adding together all the column totals)					

Use the total score to determine your Fitzpatrick Skin Type using the table below. Your Fitzpatrick Skin Type is used to assess the correct setting you should use on the Smooth Skin system (Dark, Medium or Fair) and whether your skin tone is too dark to use the device.

TOTAL SCORE FROM ABOVE	FITZPATRICK SKIN TYPE	BOOTS SMOOTH SKIN SETTING
0 - 7	Type I – Very white or freckled skin, always burns with sun exposure (often people with red or blond hair and blue eyes)	Fair
8 - 16	Type II – White skin, usually burns with sun exposure, tans with difficulty (often people with light brown or blond hair and blue, green or hazel eyes)	Medium
17 - 25	Type III – White or olive skin tone, sometimes burns with sun exposure, tans gradually (seen in people with any hair or eye colour)	Dark
26 - 30	Type IV – Brown skin, rarely burns with sun exposure, tans with ease.	DO NOT USE
Over 30	Type V, VI – Dark brown/Black skin, very rarely burns with sun exposure, tans very easily.	DO NOT USE