

Do you know your skin type?

Appropriate evaluation of your skin type is essential to providing the most effective laser treatment. Skin type is categorized according to the Fitzpatrick skin type scale which ranges from very fair (skin type I) to very dark (skin type VI).

The two main factors that influence skin type and determine the correct treatment you require are:

- genetic disposition
- reaction to sun exposure and tanning habits

Skin type is determined genetically and is one of the many aspects of your overall appearance, which also includes the colour of your eyes, hair and skin. The way your skin responds to sun exposure is another way of correctly assessing your skin type. Recent tanning, whether by the sun or an artificial tanning methods, even tanning creams, can have a major impact on your skin colour evaluation.

By using the below information, You by Sia's skilled Laser Therapists will evaluate your appropriate skin type and provide you with the most effective Laser Hair Removal treatments. Please take a few minutes to fill out the below questionnaire.

To complete the questionnaire, simply select the Score number of the closest matching description for each question, tally all scores for each category and record the total in the Total Score space provided;

Genetic Disposition

Score	0	1	2	3	4	Score
Your natural eye colour?	Light blue, green, or gray	Blue, gray or green	Blue	Dark Brown	Brownish Black	
Natural colour of your hair?	Sandy, red	Blond	Chestnut / Dark Blond	Dark Brown	Black	
Colour of your non-exposed skin	Reddish	Very pale	Pale with beige tint	Light Brown	Dark Brown	
Do you have freckles on unexposed areas?	Many	Several	Few	Incidental	none	
					Total Score	

Reaction to Sun Exposure

Score	0	1	2	3	4	Score
What happens when you stay too long in the sun?	Painful redness blistering, peeling	Blistering, followed by peeling	Burns sometimes, followed by	Rarely burns	Never burn	
To what degree do you turn brown?	Hardly or not at all	Light color tan	Reasonable tan	Tan very easy	Turn dark brown quickly	
Do you turn brown within several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always	
How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem	
					Total Score	

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Tanning Habits

Score	0	1	2	3	4	Score
When did you last expose your body to sun or tanning booth/cream?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than one month ago	Less than 2 weeks ago	
Did you expose the area to be treated to the sun?	Never	Hardly ever	Sometimes	Often	Always	
					Total Score	

Summary

Add up the total scores for each section for your Skin Type Score to give you a better evaluation of your skin type.

_____ Total score for Genetic Disposition
 _____ Total score for Reaction to Sun Exposure
 _____ Total score for Tanning Habits
 _____ Skin Type Score

Your Fitzpatrick Skin Type:

Skin Type Score	Fitzpatrick Skin Type
0-7	I
8-16	II
17-25	III
25-30	IV
Over 30	V – VI

NAME: _____ DATE: _____

COMMENTS:

For more information on skin typing please contact your nearest You by Sia Clinic for obligation FREE advice.