

# Fitzpatrick Skin Type Classification



The Fitzpatrick Skin Typing system helps determine how skin reacts to UV exposure and guides treatment protocols, product selection, and post-care recommendations.

<b>1. What is your natural eye color?</b>	Light blue, gray, or green (0)	Blue (1)	Hazel (2)	Brown (3)	Dark brown (4)	Black (4)
<b>2. What is your natural hair color?</b>	Red (0)	Blonde (1)	Light brown (2)	Dark brown (3)	Black (4)	—
<b>3. What is your natural skin color (before sun exposure)?</b>	Very fair (0)	Fair (1)	Light beige (2)	Olive/light brown (3)	Dark brown (4)	Very dark (5)
<b>4. How many freckles do you have on unexposed areas?</b>	Many (0)	Several (1)	Few (2)	Rare (3)	None (4)	—
<b>5. What happens when you stay in the sun too long?</b>	Always burn, never tan (0)	Usually burn (1)	Sometimes mild burn (2)	Rarely burn (3)	Never burn (4)	—
<b>6. To what degree do you tan?</b>	Never tan (0)	Slight tan (1)	Moderate tan (2)	Tan easily (3)	Deeply tan (4)	—
<b>7. How sensitive is your face to sun exposure?</b>	Very sensitive (0)	Sensitive (1)	Normal (2)	Resistant (3)	Very resistant (4)	—
<b>8. When did you last expose your body to sun or tanning?</b>	Over 3 months ago (0)	2–3 months ago (1)	1–2 months ago (2)	Less than 1 month ago (3)	Currently (4)	—

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Total Points	Fitzpatrick Skin Type	Description
0–6	Type I	Very fair, always burns, never tans
7–12	Type II	Fair, usually burns, tans minimally
13–18	Type III	Light to medium, sometimes burns, tans gradually
19–24	Type IV	Olive or light brown, rarely burns, tans easily
25–30	Type V	Brown, very rarely burns, tans profusely
Over 30	Type VI	Deeply pigmented, never burns, deeply tans

## Treatment Relevance:

- Lower types (I–III): More prone to UV damage, post-inflammatory hyperpigmentation (PIH), and sensitivity to aggressive resurfacing.
- Higher types (IV–VI): Increased risk of PIH, keloids, and uneven pigmentation after invasive treatments.
- Always perform a patch test for chemical peels, laser, and microneedling treatments.

## Use in Esthetics:

- Helps determine appropriate peel strength, energy settings, and post-care recommendations.
- Guides SPF education and daily sun protection habits.