

Take a moment to find out what your skin type is, by completing the following analysis: -



SKIN TYPE

What colour are your eyes?

- 0 Light blue, grey or green
- 1 Blue, green, light hazel
- 2 Blue
- 3 Brown

Do you burn outdoors?

- 0 Painful redness / blister
- 1 Burn until peeling
- 2 Burn Sometimes
- 3 Never Burn

What colour is your hair?

- 0 Sandy red / gold
- 1 Blonde
- 2 Light Brown
- 3 Dark Brown
- 4 Black

How well do you tan outdoors?

- 0 No tan at all
- 1 Very slightly
- 2 Reasonably
- 3 Easily
- 4 Very fast to a dark tan

Colour of unexposed skin?

- 0 Very pale, white, reddish
- 1 Pale, white
- 2 Pale with a beige tint
- 3 Light brown
- 4 Olive

Do you turn brown quickly?

- 0 Never
- 1 Seldom
- 2 Sometimes
- 3 Often
- 4 Always

Do you have freckles?

- 0 Many
- 1 Several
- 2 Few
- 3 Incidental
- 4 None

When was your most recent UV exposure?

- 0 Over 3 months ago
- 1 2-3 months ago
- 2 1-2 months ago
- 3 Less than a month ago
- 4 Within the last 2 weeks

0-6**Skin Type 1**

7-14**Skin Type 2**

15-20**Skin Type 3**

21 and Over ..**Skin Type 4**

Total Points: _____ **Your Skin Type is:** _____

If you are Skin Type 1: You have highly sensitive skin and you should not use a solarium.

If you are Skin Type 2: Short periods of exposure are recommended. After your base tan has been acquired, you can gradually extend exposure over time. Beware of Sunburn.

If you are Skin Type 3: A good tan should be noticeable after a few sessions. Sunburn is possible.

If you are Skin Type 4: A solid tan should be noticeable after a few sessions. Rarely burns.