

The Fitzpatrick Skin-Type Chart

You can use this skin-type chart for self-assessment, by adding up the score for each of the questions you've answered. At the end there is a scale providing a range for each of the six skin-type categories. Following the scale is an explanation of each of the skin types. You can quickly and easily determine which skin type you are.

Genetic Disposition

Score	0	1	2	3	4
What is the colour of your eyes?	Light blue, Grey, Green	Blue, Grey or Green	Blue	Dark Brown	Brownish Black
What is the natural colour of your hair?	Sandy Red	Blond	Chestnut/Dark Blond	Dark Brown	Black
What is the colour of your skin (non exposed areas)?	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 for Genetic Disposition: _____

Reaction to Sun Exposure

Score	0	1	2	3	4
What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering followed by peeling	Burns sometimes followed by peeling	Rare burns	Never had burns
To What degree do you turn brown?	Hardly or not at all	Light colour 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 for Reaction to Sun Exposure: _____

Tanning Habits

Score	0	1	2	3	4
When did you last expose your body to sun (or artificial sunlamp/tanning cream)?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a 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 for Tanning Habits: _____

Add up the total scores for each of the three sections for your Skin Type Score.

Skin Type Score - Fitzpatrick Skin Type

0-7	I
8-16	II
17-25	III
25-30	IV
over 30	V -VI

TYPE 1: Highly sensitive, always burns, never tans. Example: Red hair with freckles

TYPE 2: Very sun sensitive, burns easily, tans minimally. Example: Fair skinned, fair haired Caucasians

TYPE 3: Sun sensitive skin, sometimes burns, slowly tans to light brown. Example: Darker Caucasians.

TYPE 4: Minimally sun sensitive, burns minimally, always tans to moderate brown.

Example: Mediterranean type Caucasians, some Hispanics.

TYPE 5: Sun insensitive skin, rarely burns, tans well. Example: Some Hispanics, some Blacks

TYPE 6: Sun insensitive, never burns, deeply pigmented. Example: Darker Blacks.

This is Teryn's custom Color Identification Chart (CIC). With permission from Li Pigments in 2012 she revised the original CIC to reflect her 8 year experience and knowledge of the pigment line. She went in to great detail to describe each color as well as how she mixes colors to obtain many other custom tones. This custom CIC is ONLY available through Girlz Ink. This CIC will help you learn this pigment line and feel confident about your choices. Marjorie Grimm was of great help and due to her experience with the line an important contributor.

Neutral signifies no substantial temperature bias. However, all color results are dependent upon skin undertones. Cool and warm designations indicate the basic temperature bias of the pigment's undertone.

A temperature designation does not necessarily indicate absolute cool or warm properties; rather that the primary bias leans toward either cool or warm. There are different degrees of cool and warm. Some cool pigments may be only slightly bias to cool or warm, whereas others may be very cool or warm. Each technician must work with Li Pigments and the client's individual skin undertones to determine the appropriate temperature bias of the correct pigment selection for each client.

Note on color descriptions: The second word describes the most influential Hue; the first word describes that color's influence. Example: brown-BLACK signifies the color is mainly black but has a brown influence.

For Best Results:

- ❖ Always shake pigment bottles very well before each use.
- ❖ Best way to shake...remove cap, place a clean gloved finger or clean paper towel over opening and shake for at least 30 seconds.
- ❖ Do not mix different pigment brands...critical to follow this rule.
- ❖ Always prevent cross-contamination by never dispensing color from bottle into pigment cup at contaminated workstation. Never handle bottles with contaminated hands.
- ❖ Securely cap bottles immediately after dispensing color.

Unopened containers of pigments have a shelf life up to 10 years from the date of manufacturing if kept in a cool, dry place and not exposed to any extreme temperatures or UV rays. Based on product ingredients the appropriate expiration date is given. For more information, please contact your Authorized Distributor of Aqua & Velvet.

Opened Containers should be discarded after one year.

FITZPATRICK SCALE	
Fitzpatrick I	Highly sun sensitive. Always burns, never tans. Example: Fair Red Heads w/ Freckles. Fitzpatrick I skin types may be warm or cool.
Fitzpatrick II	Very sun sensitive. Easily burns, rarely tans. Example: Fair complexion, fair haired Caucasians. Fitzpatrick II skin types may be warm or cool.
Fitzpatrick III	Sun sensitive. May burn, but will turn into golden tan. Example: Dark blonde to dark brown haired Caucasians, usually brown eyed. Although most Fitzpatrick III skin types are cool, some warm skin undertones do exist.
Fitzpatrick IV	Low sun sensitivity. May burn, but will quickly turn to dark brown tan. Example: Mediterranean with olive skin tone, some Asians. Most Fitzpatrick IV skin types are considered cool.
Fitzpatrick V	Low to no sun sensitivity. Very rarely burns, tans dark quickly. Example: Hispanics, some Asians, some Blacks. Most Fitzpatrick V skin types are considered cool.
Fitzpatrick VI	Will not burn, skin deeply pigmented. Example: Dark black skin. Fitzpatrick VI is considered to be a cool skin tone.