



American Tanning Institute™

How to Estimate Skin Type

Determination based on hereditary disposition

	0	1	2	3	4	Points
Natural eye color	Light blue, gray, green	Blue, gray green	Blue	Dark Brown	Brownish black	
Natural hair color	Sandy Red	Blond	Chestnut or dark blond	Dark Brown	Black	
Untanned skin color	Reddish	Very pale	Pale w/beige tint	Light brown	Dark brown	
Freckles	Many	Several	Some	Few	None	

Determination Based on Tanning History

	0	1	2	3	4	Points
What happens when you stay in the sun too long?	Painful, redness, peeling, blistering	Burn regularly with peeling	Burn sometimes with peeling	Rarely burn	Never burn	
To what degree do you tan	Hardly or not at all	Tan little or lightly	Tan moderately	Tan very easily	Quickly turn dark brown	
Do you turn brown immediately after tanning	Never	Hardly	Sometime	Often	Always	
How does your face react to the sun	Very sensitive	Sensitive	Normal	Barely sensitive	Never a problem	

Client signature _____ Date _____

Print Name _____

Total Points

Total Points	Skin Type	Skin Reaction to the Sun
0-7	I	Burns easily and severely; does not tan
8-16	II	Burns easily and severely; tans minimally lightly
17-25	III	Burns moderately; tans average
25 or more	IV	Burns minimally; tans easily and above average