

Fitzpatrick scale self assessment

Genetic Disposition					
Score	0	1	2	3	4
What are the color of your eyes?	Light blue, Gray, Green	Blue, Gray or Green	Blue	Dark Brown	Brownish Black
What is the natural color of your hair?	Sandy Red	Blond	Chestnut/Dark Blond	Dark Brown	Black
What is the color 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 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 reaction for 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.	Fitzpatrick Skin Type				
Skin Type Score					
0-7	I				
8-16	II				
17-25	III				
25-30	IV				
over 30	V-VI				

Lighter skins Type 1,2, 3 / Tones 35 – 75

Whiter, lighter skins can take more power before burning. Use the same joules setting but wider pulse width, narrower intervals and fewer pulses for a more powerful shot. Up the Joules and decrease the intervals as necessary.

This powerful treatment will give the most effective treatment in the shortest time span.

Darker skins Type 3 – 5 / Tones 70 – 127

Darker skins burn more easily so need a gentler setting.

Using the same Joules setting, use shorter pulse widths, longer intervals and more pulses.

Increase the Joules and the pulse width as necessary.

This will give a gentler shot and treat the target area without burning the surrounding tissue, although this may require more treatments in order to get effective results.

If the treatment is not powerful enough to effect treatment then the therapist can either shorten the interval between pulses, increase the pulse width or up the Joules of the shot.

-
-
- COPYRIGHT YOUTH BEAUTY 2017 -



YOUTH BEAUTY
Preferred wholesale supplier to the beauty industry

NZ: info@youthbeauty.co.nz
www.youthbeauty.co.nz

AUS: info@youthbeauty.com.au
www.youthbeauty.com.au