Skin Type Questionnaire

Please answer the following questions to the best of your ability. The results will help us to better identify your skin type to allow us to match it with the skin care products that will work best for you.

1) In photos, your face appears shiny:
   a) Never
   b) Sometimes
   c) Frequently
   d) Always

2) If you were to apply makeup foundation but no powder, in two to three hours your makeup would appear:
   a) Flaky or caked
   b) Smooth
   c) Shiny
   d) Streaked and shiny
   e) I do not wear facial foundation

3) If you don’t use moisturizer, your facial skin feels tight:
   a) Always
   b) Sometimes
   c) Rarely
   d) Never

4) You have clogged pores (blackheads or whiteheads):
   a) Never
   b) Rarely
   c) Sometimes
   d) Always

Give yourself 1 point for every a answer, 2 for every b, 3 for every c, 4 for every d, and 2.5 for every e

Total ________

☐ 4-8 (dry)
☐ 9-12 (combination)
☐ 13-16 (oily)

5) Skin care products (including cleanser, moisturizer, toners, and makeup) cause your face to break out, get a rash, itch, or sting:
   a) Never
   b) Rarely
   c) Often
   d) Always

6) Have you ever been diagnosed with acne or rosacea?
   a) No
   b) Friends tell me I have it
   c) Yes
   d) Yes, a severe case

7) Sunscreens make your skin itch, burn, break out, or turn red:
   a) Never
   b) Rarely
   c) Often
   d) Always

8) Can you use regular soap on your face and body without a problem?
   a) Yes
   b) Most of the time
   c) No
Give yourself 1 point for every a answer, 2 for every b, 3 for every c, 4 for every d, and 2.5 for every e

Total _______

- 4-8 (resistant)
- 9-12 (slightly sensitive)
- 13-16 (sensitive)

9) Do you have any dark spot on your upper lip or cheeks?
   a) No 
   b) Not sure
   c) Yes, but slightly noticeable
   d) Yes, very noticeable

10) Do the dark spots on your face get worse when you go into the sun?
    a) I have no dark spots
    b) Unsure
    c) Slightly worse
    d) A lot worse

11) What is your natural hair color?
    a) Blond
    b) Brown
    c) Black
    d) Red

12) When you go into the sun, do you develop freckles?
    a) No
    b) A few
    c) Often
    d) My skin is already dark, so it's hard to tell
    e) I never go into the sun

13) When you go into the sun for the first time in several months, your skin:
    a) Burns only
    b) Burns then gets darker
    c) Gets Darker

Give yourself 1 point for every a answer, 2 for every b, 3 for every c, 4 for every d, and 2.5 for every e

Total _______

- 5-10 (non-pigmented)
- 11-20 (pigmented)

14) Do you have facial wrinkles?
    a) No, not even with movement
    b) Only when I move my face
    c) Yes, with movement and a few at rest
    d) Wrinkles are present if I am not smiling or frowning

15) At any time in your life, have you ever tanned on an ongoing basis for more than two weeks per year? If so, for how many total years did you do this? Please count tanning from any outdoor activities such as playing golf, working outdoors, etc.
    a) Never
    b) One to five years
    c) Five to ten years
    d) More than ten years

16) At any time in your life have you ever engaged in seasonal tanning of two weeks per year or less? (Including summer vacation) If so, how often?
17) How often, if ever have you been to a tanning bed?
   a) Never
   b) One to five times
   c) Five to ten times
   d) Many times

18) What is your natural skin color without tanning?
   a) Dark
   b) Medium
   c) Light
   d) Very light

Give yourself 1 point for every a answer, 2 for every b, 3 for every c, 4 for every d, and 2.5 for every e

Total _______

☐ 5-10 (tight skin)
☐ 11-20 (skin more susceptible to wrinkling)