

Skin Type Analysis

The GOLDEN RULE of Smart Tanning is simple: Don't EVER sunburn!

At Beach Body Tanning we are dedicated to helping you to avoid sunburn, whether tanning indoors or out. Determining your skin type will help you determine how much sunlight your skin can handle.

Answer the following questions and add the corresponding scores assigned to your answers. When you have the total, match it to the Skin Type Chart below! It's that simple!

1. What is the natural color of your untanned skin?

- (0) Reddish-white**
- (2) White-beige**
- (4) Beige**
- (8) Light brown**
- (2) Brown**
- (12) Black**

2. What is your natural hair color?

- (0) Red, light blond**
- (2) Blond, light brown**
- (4) Brown**
- (8) Dark Brown**
- (12) Brownish-black**
- (16) Black**

3. What is your eye color?

- (0) Light blue, light green, light grey**
- (2) Blue, green, grey**
- (4) Grey, light brown**
- (8) Brown**
- (12) Dark Brown**
- (16) Black**

4. How many freckles do you have on your untanned body?

- (0) Many**
- (2) Some**
- (4) Few**
- (8) None**

5. Which best describes your genetic heritage?

- (0) Celtic Caucasian**
- (2) Caucasian, light-skinned European**
- (4) Caucasian, dark-skinned European**
- (8) Caucasian, Mediterranean**
- (12) Middle Eastern, Indian, Asian, Hispanic**
- (16) Aborigine, African, African-American**

6. Which best describes your SUNBURN potential?

- (0) Always burn without tanning**
- (2) Usually burn but can tan**
- (4) Occasionally burn but tan moderately**
- (8) Seldom sunburn and tan easily**
- (12) Rarely sunburn and tan profusely**
- (12) Never sunburn**

7. Which best describes your tanning potential?

- (0) Never tan**
- (2) Can tan lightly**
- (4) Can tan moderately**
- (8) Can get a dark tan**

**This Skin Type Analysis Form is based on information from
THE INTERNATIONAL SMART TAN NETWORK.**

SCORE SKIN TYPE DESCRIPTION

- 0 - 7 SKIN TYPE I Very sensitive to sunlight.**
- 8 - 21 SKIN TYPE II Sensitive to sunlight.**
- 22 - 42 SKIN TYPE III Normal sensitivity to sunlight.**
- 43 - 68 SKIN TYPE IV Skin is tolerant to sunlight.**
- 65 - 84 SKIN TYPE V Skin is brown. Very tolerant.**
- 85+ SKIN TYPE VI Skin is black. Extreme tolerance.**