



IPL Treatments

Have you had any recent exposure to the sun in desired treatment areas? Yes No

If being treated for hair removal, what areas of the body are you looking to treat?

Have you had any of the following hair removal methods done in the past 2-4 weeks (in the treatment zones only)? Circle any and all that apply.

Shaving Waxing Electrolysis Tweezing Threading Depilatory Creams

Do you have any implants, skin grafts, tattoos or permanent makeup in the areas to be treated?

Yes No

Skin assesment

Use this self-assessment to determine your skin type. Add up the score for each of the questions answered. The scale at the bottom provides a range for each of the six skin type categories. This will help you quickly and easily determine your skin type.

Genetic Disposition

The color of your eyes is:

- 0 – Light Blue, Grey, Light Green
- 1 – Blue, Grey, Green
- 2 – Deep Blue
- 3 – Brown
- 4 – Brownish Black

The natural color of your hair is:

- 0 – Red
- 1 – Blonde
- 2 – Chestnut/ Dark Blonde
- 3 – Dark Brown
- 4 – Black

The natural color of your skin is:

- 0 – Reddish/Pink
- 1 – Very Pale
- 2 – Pale with Beige tint
- 3 – Light Brown/ Olive tone
- 4 – Dark Brown

How many non-sun related freckles do you have?

- 0 – Many
- 1 – Several
- 2 – Few
- 3 – Incidental
- 4 – None

Reaction to Sun Exposure

After prolonged sun exposure without protection, does your skin:

- 0 – Blister, peel, turn red and painful
- 1 – Blister followed by peeling
- 2 – Burn sometimes followed by peeling
- 3 – Rarely burn/ Tans readily
- 4 – Never burns/ Tans easily

To what degree does your skin tan:

- 0 – Hardly/ Not at all
- 1 – Lightly tan
- 2 – Reasonably tan
- 3 – Tans very easily
- 4 – Turn dark brown quickly

Do you tan within several hours after sun exposure:

- 0 – Never
- 1 – Seldom
- 2 – Sometimes
- 3 – Often
- 4 – Always

How does the skin on your face react to the sun in comparison to the rest of your body?

- 0 – Very Sensitive
- 1 – Slightly more sensitive
- 2 – Normal/Same
- 3 – Very resistant
- 4 – Never had a problem

Tanning Habits

When did you last expose your body to (artificial/natural) sun/self-tanner:

- 0 – More than 3 months ago
- 1 – 2-3 Months ago
- 2 – 1-2 Months ago
- 3 – Less than a month ago
- 4 – Less than 2 weeks ago

How often do you expose the area to be treated to the sun:

- 0 – Never
- 1 – Hardly Ever
- 2 – Sometimes
- 3 – Often
- 4 – Always

Total Score:

Score

- 0-7 – **Type 1:** Highly sensitive, always burns, never tans
- 8-16 – **Type 2:** Very sun sensitive, burns easily, tans minimally
- 17-25 – **Type 3:** Sun sensitive skin, sometimes burns, slowly tans to light brown
- 25-30 – **Type 4:** Minimally sun sensitive, burns minimally, always tans to moderate brown.
- 30+ – **Type 5 or 6:** Sun insensitive, rarely/never burns, always tans to moderate brown.