

Dr. Helen's skin questionnaire:

This section measures skin oil production and hydration. Studies show that people's preconceptions about whether their skin is oily or dry are often inaccurate. Don't allow your preconceptions or what others think and say about your skin to bias your answers.

1. After washing your face, don't apply any moisturizer, sunscreen, toner, powder, or other products. Two to three hours later, look in a mirror under bright lights. Your forehead and cheeks feel or appear:
  - a. Very rough, flaky, or ashy
  - b. Tight
  - c. Well hydrated with no reflection of light
  - d. Shiny with reflection of bright light
2. In photos, your face appears shiny:
  - a. Never, or you've never noticed shine
  - b. Sometimes
  - c. Frequently
  - d. Always
3. Two to three hours after applying makeup foundation (also known as base) but no powder, your makeup appears:
  - a. Flaky or caked in wrinkles
  - b. Smooth
  - c. Shiny Streaked and shiny
  - d. I do not wear facial foundation.
4. When in a low-humidity environment, if you don't use moisturizers or sunscreen, your facial skin:
  - a. Feels very dry or cracks
  - b. Feels tight
  - c. Feels normal
  - d. Looks shiny, or I never feel that I need moisturizer
  - e. Don't know
5. Look in a magnifying mirror. How many large pores, the size of the end of a pin or greater, do you have?
  - a. None
  - b. A few in the T-zone (forehead and nose) only
  - c. Many
  - d. Tons!
  - e. Don't know (Note: Please look again and only answer e if you cannot determine this.)
6. You would characterize your facial skin as:
  - a. Dry
  - b. Normal
  - c. Combination
  - d. Oily

7. When you use soap that suds, bubbles, and foams vigorously, your facial skin:
  - a. Feels dry or cracks
  - b. Feels slightly dry but does not crack
  - c. Feels normal
  - d. Feels oily I do not use soap or other foaming cleansers. (If this is because they make your skin dry, pick a.)
8. If not moisturized, your facial skin feels tight:
  - a. Always
  - b. Sometimes
  - c. Rarely
  - d. Never
9. You have clogged pores (blackheads or whiteheads):
  - a. Never
  - b. Rarely
  - c. Sometimes
  - d. Always
10. Your face is oily in the T-zone (forehead and nose):
  - a. Never
  - b. Sometimes
  - c. Frequently
  - d. Always
11. Two to three hours after applying moisturizer your cheeks are:
  - a. Very rough, flaky, or ashy
  - b. Smooth
  - c. Slightly shiny
  - d. Shiny and slick, or I do not use moisturizer

Scoring of O vs. D: Give yourself 1 point for every a answer, 2 points for every b, 3 points for every c, 4 points for every d, and 2.5 points for every e answer.

Enter your total O/D score here: \_\_\_\_\_

If your score is between 34–44 you have very oily skin.

If your score is between 27–33 you have slightly oily skin.

If your score is between 17–26 you have slightly dry skin.

If your score is between 11–16 you have dry skin.

If you scored between 27–44, you are an O Skin Type.

If you scored between 11–26, you are a D Skin Type.

## PART TWO

### SENSITIVE VS. RESISTANT

This section measures your skin's tendency to develop pimples, redness, flushing, and itching, all signs of sensitive skin.

1. You get red pimples on your face:

- a. Never
  - b. Rarely
  - c. At least once a month
  - d. At least once a week
2. Skin care products (including cleansers, moisturizers, toners, and makeup) cause your face to break out, get a rash, itch, or sting:
- a. Never
  - b. Rarely
  - c. Often
  - d. Always I don't wear products on my face.
3. Have you ever been diagnosed with acne or rosacea?
- a. No Friends and acquaintances tell me I have it.
  - b. Yes
  - c. Yes, a severe case
  - d. Unsure
4. If you wear jewelry that is not 14-carat gold, how often do you get a rash?
- a. Never
  - b. Rarely
  - c. Often
  - d. Always
  - e. Unsure
5. Sunscreens make your skin itch, burn, break out, or turn red:
- a. Never
  - b. Rarely
  - c. Often
  - d. Always
  - e. I never wear sunscreen.
6. Have you ever been diagnosed with atopic dermatitis, eczema or contact dermatitis (allergic skin rash)
- a. No Friends tell me I have it.
  - b. Yes
  - c. Yes, a severe case
  - d. Unsure
7. How often do you get a rash underneath your rings?
- a. Never
  - b. Rarely
  - c. Often
  - d. Always
  - e. I do not wear rings.
8. Fragranced bubble bath, massage oil, or body lotions make your skin break out, itch, or feel dry:

- a. Never
  - b. Rarely
  - c. Often
  - d. Always
  - e. I never use these types of products. (Note: Answer d if you don't use them because they cause the above-mentioned problems.)
9. Can you use the soap provided in hotels on your body or face without a problem?
- a. Yes
  - b. Most of the time, I don't have a problem.
  - c. No, my skin itches, turns red, or breaks out.
  - d. I would not use it.
  - e. I've had too many problems in the past!
  - f. I carry my own, so I'm unsure.
10. Has someone in your family been diagnosed with atopic dermatitis, eczema, asthma, and/or allergies?
- a. No
  - b. One family member that I know of
  - c. Several family members
  - d. Many of my family members have dermatitis, eczema, asthma, and/or allergies.
  - e. Unsure
11. What occurs if you use scented laundry detergents or static control sheets in the dryer?  
My skin is fine.
- a. My skin feels slightly dry.
  - b. My skin itches.
  - c. My skin itches and gets a rash.
  - d. Unsure, or I've never used them
12. How often do your face and/or neck get red after moderate exercise, and/or with stress or a strong emotion, such as anger?
- a. Never
  - b. Sometimes
  - c. Frequently
  - d. Always
13. How often do you tend to get red and flushed after drinking alcohol?
- a. Never
  - b. Sometimes
  - c. Frequently
  - d. Always, or I don't drink because of this problem
  - e. I never drink alcohol.
14. How often do you get red and flushed after eating spicy or hot (temperature) foods or beverages?
- a. Never
  - b. Sometimes
  - c. Frequently

- d. Always I never eat spicy food. (Note: If you don't eat spicy or hot food because of facial flushing, pick d.)
15. How many visible red or blue broken blood vessels do you have (or did you have prior to treatment) on your face and nose?
- None
  - Few (one to three on entire face, including nose)
  - Some (four to six on entire face, including nose)
  - Many (over seven on entire face, including nose)
16. Your face looks red in photographs:
- Never, or I never noticed it
  - Sometimes
  - Frequently
  - Always
17. People ask you if you are sunburned, even when you are not:
- Never
  - Sometimes
  - Frequently
  - Always I always am sunburned. (You bad thing!)
18. You get redness, itching, or swelling from makeup, sunscreen, or skin care products:
- Never
  - Sometimes
  - Frequently
  - Always I do not use these products. (Note: Answer d if you don't use them because of redness, itching, or swelling.)

Scoring of S vs. R:

Give yourself

1 point for every a answer,

2 points for every b,

3 points for every c,

4 points for every d, and 2.5 for every e answer.

Enter your total S/R score here: \_\_\_\_\_

If you've ever received a diagnosis of acne, rosacea, contact dermatitis, or eczema from a dermatologist, add 5 to your score.

If another type of physician has diagnosed you with these conditions, add 2 to your score. If your score is between 34–72 you have very sensitive skin. (Don't worry, I'll help!)

If your score is between 30–33 you have somewhat sensitive skin. Following my recommendations may move you into the R Skin Type.

If your score is between 25–29 you have somewhat resistant skin.

If your score is between 18–24 you have very resistant skin. (Lucky you!)

If you scored between 30–77, you are an S Skin Type.

If you scored between 18–29, you are an R Skin Type.

PART THREE

### PIGMENTED VS. NON-PIGMENTED SKIN

This section measures your skin's tendency to form melanin, a skin pigment that produces darker skin tones as well as dark patches, freckles, and dark areas after trauma. Melanin also helps you tan rather than burn.

1. After you have a pimple or ingrown hair, it's followed by a dark brownish/black spot:
  - a. Never or I have not noticed
  - b. Sometimes
  - c. Frequently
  - d. Always
  - e. I never get pimples or ingrown hairs.
2. After you cut yourself, how long does the brown (not pink) mark remain?
  - a. I don't get a brown mark or I have not noticed.
  - b. A week
  - c. A few weeks
  - d. Months
3. How many dark patches did you develop on your face when you were pregnant, on birth control pills, or taking hormone replacement therapy (HRT)?
  - a. None
  - b. One
  - c. A few
  - d. A lot
  - e. This question does not apply to me (because I am male, or because I have never been pregnant or taken birth control pills or HRT, or because I'm unsure whether I have dark spots).
4. Do you have any dark patches on your upper lip or cheeks? Or have you had any in the past that you've had removed?
  - a. No I'm not sure.
  - b. Yes, they are (or were) slightly noticeable.
  - c. Yes, they are (or were) very noticeable.
5. Do the dark patches on your face get worse when you go in the sun?
  - a. I have no dark patches.
  - b. Unsure
  - c. Slightly worse
  - d. A lot worse I wear sunscreen on my face every day and never get sun. (Note: If you use constant sun protection because you're afraid you might get dark patches or freckles, answer d.)
6. Have you been diagnosed with melasma, light or dark brown or gray patches, on your face?
  - a. No
  - b. Yes, but it went away.
  - c. Yes, and I have them now.
  - d. Yes, and I have a severe case now.
  - e. Unsure

7. Do you have, or have you ever had, small brown spots (freckles or sun spots) on your face, chest, back, or arms?
  - a. No
  - b. Yes, a few (one to five)
  - c. Yes, many (six to fifteen)
  - d. Yes, tons (sixteen or more)
8. When exposed to sun for the first time in several months, your skin:
  - a. Burns only
  - b. Burns, then gets darker
  - c. Gets darker
  - d. My skin is already dark, so it is hard to see if it gets darker. (You can't pick "I never had sun exposure." Think of childhood experiences!)
9. What happens after you have had many days of consecutive sun exposure:
  - a. I sunburn and blister, but my skin does not change color.
  - b. My skin becomes slightly darker.
  - c. My skin becomes much darker.
  - d. My skin is already dark, so it is hard to see if it gets darker.
  - e. Unsure (Again, you can't pick "I never had sun."  
If you really have to pick e, first consider all childhood experiences.)
10. What is your natural hair color? (If gray, state color before graying.)
  - a. Blond
  - b. Brown
  - c. Black
  - d. Red
11. If you have dark spots on your skin in areas of sun exposure, add 5 points to your score.

Scoring of P vs. N:

Give yourself

1 point for every a answer,

2 points for every b,

3 points for every c,

4 points for every d, and

2.5 points for every e answer.

Enter your total P/N score here: \_\_\_\_\_

If you scored between 31–45, you are a P Skin Type.

If you scored between 10–30, you are an N Skin Type.

#### PART FOUR

##### WRINKLED VS. TIGHT

This section measures your tendency to wrinkle, as well as how wrinkled you are right now.

Some of my patients confessed that they cheated on this section to come out as a T—after I

caught them doing it. Don't do that! You're only cheating yourself out of using therapies that

could prevent wrinkles. Changing your habits now could change your score in the future from a

W to a T. So be honest and get the right treatments if you need them.

1. Do you have facial wrinkles?
  - a. No, not even with movement such as smiling, frowning, or lifting my eyebrows.
  - b. Only when I move, such as smiling, frowning, or lifting my eyebrows.
  - c. Yes, with movement and a few at rest without movement.
  - d. Wrinkles are present even if I'm not smiling, frowning, or lifting my brows.

In answering questions 2–7, please respond according to how you would compare yourself and other family members to all other ethnic groups, not just your own. For family members whom you may not have known, please ask other family members or refer to photographs, where possible.

2. How old does/did your mother's facial skin look?
  - a. Five to ten years younger than her age
  - b. Her age
  - c. Five years older than her age
  - d. More than five years older than her age
  - e. Not applicable; I was adopted or I cannot remember.
3. How old does/did your father's facial skin look?
  - a. Five to ten years younger than his age
  - b. His age
  - c. Five years older than his age
  - d. More than five years older than his age
  - e. Not applicable; I was adopted or I cannot remember.
4. How old does/did your maternal grandmother's facial skin look?
  - a. Five to ten years younger than her age
  - b. Her age
  - c. Five years older than her age
  - d. More than five years older than her age
  - e. Not applicable; I was adopted, never knew her, or cannot remember.
5. How old does/did your maternal grandfather's facial skin look?
  - a. Five to ten years younger than his age
  - b. His age
  - c. Five years older than his age
  - d. More than five years older than his age
  - e. Not applicable; I was adopted, never knew him, or cannot remember.
6. How old does/did your paternal grandmother's facial skin look?
  - a. Five to ten years younger than her age
  - b. Her age
  - c. Five years older than her age
  - d. More than five years older than her age
  - e. Not applicable; I was adopted, never knew her, or cannot remember.
7. How old does/did your paternal grandfather's facial skin look?
  - a. Five to ten years younger than his age
  - b. His age
  - c. Five years older than his age

- d. More than five years older than his age
  - e. Not applicable; I was adopted, never knew him, or cannot remember.
8. At any time in your life, have you ever tanned your skin 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 playing tennis, fishing, playing golf, skiing, or other outdoor activities. The beach is not the only place you can get a tan.
- a. Never
  - b. One to five years
  - c. Five to ten years
  - d. More than ten years
9. At any time in your life, have you ever engaged in seasonal tanning of two weeks per year or less? (Yes, summer vacation counts!) If so, how often?
- a. Never
  - b. One to five years
  - c. Five to ten years
  - d. More than ten years
10. Based on the places you've lived, how much daily sun exposure have you received in your life?
- a. Little; I've mostly lived in places that are gray and overcast.
  - b. Some; I've lived in less sunny climates at times, but also in places with more regular sun.
  - c. Moderate; I've lived in places with a fair amount of sun exposure.
  - d. A lot; I've lived in tropical, Southern, or very sunny locales.
11. How old do you think you look?
- a. One to five years younger than your age
  - b. Your age
  - c. Five years older than your age
  - d. More than five years older than your age
12. During the last five years, how often have you allowed your skin to tan either intentionally or unintentionally through outdoor sports or other activities?
- a. Never
  - b. Once a month
  - c. Once a week
  - d. Daily
13. 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
14. Over your entire life, how many cigarettes have you smoked (or been exposed to)?
- a. None
  - b. A few packs
  - c. Several to many packs I smoke every day.

- d. I've never smoked but I've lived with, been raised by, or worked with people who regularly smoked in my presence.
15. Please describe the air pollution where you reside: The air is fresh and clean.
- a. For part of the year, but not all of the year,
  - b. I reside in a place with clean air.
  - c. The air is slightly polluted.
  - d. The air is very polluted.
16. Please describe the length of time that you have used retinoid facial creams such as retinol, Renova, Retin-A, Tazorac, Differin, or Avage:
- a. Many years
  - b. Occasionally
  - c. Once for acne when I was younger
  - d. Never
17. How often do you currently eat fruits and vegetables?
- a. At every meal
  - b. Once a day
  - c. Occasionally
  - d. Never
18. Over your lifetime, what percentage of your daily diet has consisted of fruits and vegetables? (Note: Don't count juices unless they are freshly squeezed.)
- a. 75–100 percent
  - b. 25–75 percent
  - c. 10–25 percent
  - d. 0–10 percent
19. What is your natural skin color (without tanning or self-tanners)?
- a. Dark
  - b. Medium
  - c. Light
  - d. Very light
20. What is your ethnicity? (Please choose the best answer.)
- a. African American/Caribbean/Black
  - b. Asian/Indian/Mediterranean/Other
  - c. Latin American/Hispanic
  - d. Caucasian
21. If you are sixty-five or older, add 5 points to your score.

Scoring of W vs. T:

Give yourself 1 point for every a answer,

2 points for every b,

3 points for every c,

4 points for every d, and

2.5 points for every e answer.

Enter your total W/T score here: \_\_\_\_\_

If you scored between 41 and 85, you are a W Skin Type.

If you scored between 20 and 40, you are a T Skin Type.

To define your final Skin Type results, please take all the factor indications that you have scored (in the order of your test responses) and write them in here: My O/D score is \_\_\_\_, which equals \_\_\_\_. My S/R score is \_\_\_\_, which equals \_\_\_\_. My P/N score is \_\_\_\_, which equals \_\_\_\_. My W/T score is \_\_\_\_, which equals \_\_\_\_. Put them together and now you know your Skin Type!

Reference: Leslie Baumann MD, The Skin Type Solution.