

Questionnaire to Learn *What's Your Skin Type?*

Dr. Daniella Duke, MD • 55 Willow Street, Mystic, CT 06355
www.coastaldermatology.com • (860) 245-0000

Part 1: Is Your Skin Oily or Dry?

1. After washing your face, don't apply any moisturizer, sunscreen, toner, powder, or other products. Two or 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
 - d. Streaked and shiny
 - e. I do not wear facial foundation

4. When in a low-humidity (cold, dry) 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. 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
 - e. I do not use soap or other foaming cleansers. (If this is because they make your skin dry, pick A.)

6. If not moisturized, your facial skin feels tight:
 - a. Always
 - b. Sometimes
 - c. Rarely
 - d. Never

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

8. Your face is oily in the T-zone (forehead and nose):
 - a. Never
 - b. Sometimes
 - c. Frequently
 - d. Always

9. Two to three hours after applying moisturizer your cheeks are:
- Very rough, flaky, or ashy
 - Smooth
 - Slightly shiny
 - Shiny and slick, or I do not use moisturizer

Scoring of Oily vs. Dry Section:

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** Oily/Dry score here: _____

If you scored between 9-22, then you have **Dry skin.**

If your score is between 9-15 you have very dry skin.

If your score is between 16-22 you have slightly dry skin.

If you scored between 23-36, then you have **Oily skin..**

If your score is between 23-29 you have slightly oily skin.

If your score is between 30-36 you have very oily skin.

Part 2: Is Your Skin Sensitive or Resistant?

- You get red pimples on your face:
 - Never
 - Rarely
 - At least once a month
 - At least once a week
- Skin care products (including cleansers, moisturizers, toners, sunscreens, perfume, makeup...) cause your face to break out, get a rash, itch, or sting:
 - Never
 - Rarely
 - Often
 - Always
 - I don't wear products on my face
- Have you ever been diagnosed with acne or rosacea?
 - No
 - Friends and acquaintances tell me I have it.
 - Yes
 - Yes, a severe case
 - Unsure
- If you wear jewelry that is not 14-carat gold, how often do you get a rash?
 - Never
 - Rarely
 - Often
 - Always
 - Unsure
- Have you ever been diagnosed with atopic dermatitis, eczema, or contact dermatitis (an allergic skin rash)?
 - No
 - Friends tell me I have it.
 - Yes
 - Yes, a severe case
 - Unsure
- Fragranced bubble bath, massage oil, or body lotions make your skin break out, itch, or feel dry:
 - Never
 - Rarely
 - Often
 - Always
 - I never use these types of products. (Note: Answer "d: if you don't use them because they cause the above-mentioned problems.)

7. Can you use the soap provided in hotels on your body or face without a problem?
- Yes
 - Most of the time, I don't have a problem.
 - No, my skin itches, turns red, or breaks out.
 - I would not use it. I've had too many problems in the past!
 - I carry my own, so I'm unsure.
8. How often does your face and/or neck get red after moderate exercise; and/or with stress or a strong emotion, such as anger?
- Never
 - Sometimes
 - Frequently
 - Always
9. How many visible red or blue broken blood vessels do you have (or did you have prior to treatment) on your face & nose?
- None.
 - Few (one to three on entire face, including nose)
 - Some (four to six on entire face, include nose)
 - Many (over seven on entire face, including nose)
10. Your face looks red in photographs or sometimes when you look in the mirror:
- Never, or I never noticed it
 - Sometimes
 - Frequently
 - Always
11. People ask you if you are sunburned, even when you are not:
- Never
 - Sometimes
 - Frequently
 - Always
 - I always am sunburned. (You bad thing!)
12. You get redness, itching, or swelling from makeup, sunscreen or skincare 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 Sensitive vs. Resistant (Tolerant) Section:

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.

If you've ever received a diagnosis of acne, rosacea, contact dermatitis, or eczema from a dermatologist, then **add 5 points to your score**. If another type of physician has diagnosed you with these conditions, **add 2 points to your score**.

Enter your **total** Sensitive/Resistant score here: _____

If you scored between 12-32, then you have **Resistant Skin**.

If your score is between 12-22 you have very resistant skin.

If your score is between 23-32 you have somewhat resistant skin.

If you scored between 33-53, then you have **Sensitive Skin**.

If your score is between 33-43 you have somewhat sensitive skin.

If your score is between 44-53 you have very sensitive skin.

Once you know your Skin Type, learn more about your unique Skin Type by combining your Oily or Dry information, and your Sensitive or Resistant information, as follows:

- Go to Dr Duke's website: www.coastaldermatology.com
- Navigate to the "Skin Care Products" page
- Click on the "What is my Skin Type" section (the second section down)
- At the top of this page on the right hand side, under "Skin Type", click on the *your skin type*
- The information on the next page will help you learn which skincare products are best for your unique skin type and which skin procedures and treatments are best for your skin type

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Information on this page is excerpted and modified from: "**The Skin Type Solution**" by Leslie Baumann, MD, 2010.