

	<b>Celtic Type</b>	<b>Nordic Type</b>	<b>Mix Type</b>	<b>Mediterranean Type</b>	<b>Dark Skin Types</b>	<b>Black Skin Types</b>
	Type I	Type II	Type III	Type IV	Type V	Type VI
<b>Skin colour</b>	very fair, partly freckles	fair, partly freckles	medium, hardly freckles	brownish, olive, no freckles	light brown, dark, no freckles	dark to black, no freckles
<b>Eye colour</b>	light grey, blue, green	grey, blue, green	grey, blue, green, brown	brown	black	black
<b>Hair colour</b>	light blond to reddish	blond, light to dark brown	blond, dark blond, light to dark brown, black	brown to black	black	black
<b>Degree of tanning</b>	does not tan or hardly tans at all	slow, minimal	slow, progressive (light brown)	quick (medium brown)	quick (dark brown)	quick (black)
<b>Sunburn</b>	very often	often	sometimes	rare	rare	very rare*
<b>Self-protection time</b>	5 to 10 minutes	10 to 20 minutes	20 to 30 minutes	30 to 40 minutes	60 minutes	90 minutes
<b>Recommended SPF</b>	50+	30-50+	30-50+	30	20-30	20

\*These skin types can also get sunburned, especially if they live in northern Europe.