

Celtic Type	Type I
Skin colour	very fair, partly freckles
Eye colour	light grey, blue, green
Hair colour	light blond to reddish
Degree of tanning	does not tan or hardly tans at all
Sunburn	very often
Self-protection time	5 to 10 minutes
Recommended SPF	50+

Nordic Type	Type II
Skin colour	fair, partly freckles
Eye colour	grey, blue, green
Hair colour	blond, light to dark brown
Degree of tanning	slow, minimal
Sunburn	often
Self-protection time	10 to 20 minutes
Recommended SPF	30-50+

Mix Type	Type III
Skin colour	medium, hardly freckles
Eye colour	grey, blue, green, brown
Hair colour	blond, dark blond, light to dark brown, black
Degree of tanning	slow, progressive (light brown)
Sunburn	sometimes
Self-protection time	20 to 30 minutes
Recommended SPF	30-50+

Mediterranean Type	Type IV
Skin colour	brownish, olive, no freckles
Eye colour	brown
Hair colour	brown to black
Degree of tanning	quick (medium brown)
Sunburn	rare
Self-protection time	30 to 40 minutes
Recommended SPF	30

Dark Skin Types	Type V
Skin colour	light brown, dark, no freckles
Eye colour	black
Hair colour	black
Degree of tanning	quick (dark brown)
Sunburn	rare
Self-protection time	60 minutes
Recommended SPF	20-30

Black Skin Types	Type VI
Skin colour	dark to black, no freckles
Eye colour	black
Hair colour	black
Degree of tanning	fast (black)
Sunburn	very rare
Self-protection time	90 minutes
Recommended SPF	20

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