



SPRAY TAN TALK

THE FITZPATRICK SCALE

The Fitzpatrick Scale
is a dermatological tool used to
classify skin types based on their
reaction to UV light and tendency
to tan or burn.

It's also invaluable for spray tan
artists to customise shades and
achieve natural-looking results.

Here's a mini guide to help you use
the Fitzpatrick Scale effectively in
your spray tanning business.

A woman with long blonde hair, wearing a white headband and a white crop top, is smiling and looking over her shoulder. The image is semi-transparent, allowing the text to be overlaid. The text is in a large, black, serif font and reads "The Fitzpatrick Skin Types".

The Fitzpatrick Skin Types

Type I

Characteristics:

Very fair skin, often with freckles,
red or blonde hair,
blue or green eyes.

Tanning Reaction:

Always burns, never tans.

Spray Tan Tips:

Use a light, subtle shade with a
low DHA percentage (6-8%) to
avoid an orange tone.

Type II

Characteristics:

Fair skin, light-coloured eyes,
blonde or light brown hair.

Tanning Reaction:

Usually burns, tans with difficulty.

Spray Tan Tips:

Choose a medium-light shade with
a DHA of 8-10%.

Avoid going too dark to keep the tan
looking natural.

Type III

Characteristics:

Light to medium skin tone, darker hair and eyes.

Tanning Reaction:

Sometimes burns, gradually tans.

Spray Tan Tips:

Medium shades with a DHA of 10-12% work well.

Customise the depth for the client's preference, as they can handle slightly deeper tones.

Type IV

Characteristics:

Olive or medium skin tone, dark hair and eyes.

Tanning Reaction:

Rarely burns, tans easily.

Spray Tan Tips:

Use a medium-dark solution with a DHA of 12-14%.

These clients can carry off richer tones beautifully.

Type V

Characteristics:

Brown skin tone, darker hair and eyes.

Tanning Reaction:

Very rarely burns, tans deeply.

Spray Tan Tips:

Use a darker solution with a DHA of 14%+.

Focus on enhancing the natural glow rather than creating a stark colour difference.

Type VI

Characteristics:

Deeply pigmented skin, dark brown to black tones.

Tanning Reaction:

Never burns, deeply pigmented naturally.

Spray Tan Tips:

Offer a glow-enhancing solution to even skin tone or add radiance.

WHY THE FITZPATRICK SCALE MATTERS

Avoiding Orange Tones:

Matching the correct DHA level to the client's skin type prevents unnatural results. Don't rely on bronzers to counteract those unnatural tones, these are only temporary.

Customisation:

A deeper understanding allows you to tailor solutions for unique skin types.

Client Confidence:

Clients trust your expertise when you explain how their skin type influences their tan.

PRO TIPS FOR SPRAY TAN ARTISTS

1. Consultation is Key

- Always ask about your client's natural skin tone, tanning history, and preferences.

2. Patch Testing

- For first-timers or those with sensitive skin, always conduct a patch test with the solution.

3. Aftercare Advice

- Encourage moisturising and gentle exfoliation to extend the tan, especially for lighter skin types prone to patchiness.

4. Education and Communication

- Explain the Fitzpatrick Scale briefly to your clients to show you've chosen their shade thoughtfully.

This guide will help you create flawless, customised tans for all skin types!

OLIVE GLOW

WHERE TANNING
MEETS SKINCARE