

**Sun ray exposure recommendations at UV Index levels for various skin types – for 70% exposed body
(Indian skin type is mostly between Type III & VI)**

Skin Type & Unexposed skin color	Ethnicity	Reaction	UVI 0-2	UVI 3-5	UVI 6-7	UVI 8-10	UVI 11+
I White/Fair skin, freckles	White skin, Caucasian	Always burn, never tans	None	10-15 min	5-10 min	2-10 min	1-5 min
II Fair skin	White skin, Caucasian	Easy burn, peels, rare tan	None	15-20 min	10-15 min	5-10 min	2-10 min
III Fair skin	White skin, Indian , Caucasian	Sometimes burn, slow tan	None	20-30 min	15-20 min	10-15 min	5-10 min
IV Fair to Brown skin	Fair-Light skin, brown skin Indian , East Indian, Hispanic, Mediterranean, Oriental, Asian	Min. burn, easy tan, immediate pigment darkening (IPD) reaction	None	20-40 min	15-30 min	15-20 min	10-15 min
V Brown skin	Brown skin Indian , American-Indian, East Indian, Hispanic	Rare burn, Fast tan, always exhibits IPD	None	30-40 min	20-30 min	15-20 min	10-15 min
VI Dark/Black	Black Africans & Americans, Aboriginals	Never burn, always dark, exhibits IPD	None	40-60 min	30-40 min	20-30 min	15-20 min

Notes: [1] Skin types as per Fitzpatrick classification. [2] In a state of ill-health, 'Skin / Sun allergies' with sun exposure (regardless of skin type) indicate systemic ill-health. This is purely a dietary phenomenon.

Such allergies are reversible with the 'Eating Cure' –See Article on this site:

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