

Career Esthetician

National Esthetics Theory Examination Certification Exam

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Question: 1

To which of the following areas should contour be applied to give the face a sculpted appearance?

- A. The bridge of the nose
- B. The brow bone
- C. The hollows of the cheeks
- D. The inner corners of the eyes

Answer: C

Explanation:

When using makeup products to help give the face a sculpted appearance, contour products should be applied to the lower points of the face. This includes the hollows of the cheeks, the outer corners of the hairline, the sides of the nose, and the jawline. Placing a darker color in these areas helps minimize them. A brighter color, known as a highlighter, should be applied to the high points of the face, such as the bridge of the nose (A), the brow bone (B), the inner corners of the eyes (D), the temples, the tops of the cheek bones, and the cupid's bow. This makes these areas stand out. The use of highlighting and contour products together brings harmony to the facial features.

Question: 2

Which of the following ingredient combinations should be avoided?

- A. Vitamin C and BHAs
- B. Niacinamide and zinc
- C. Glycolic acid and lactic acid
- D. Peptides and ceramides

Answer: A

Explanation:

Products containing vitamin C and beta hydroxy acids (BHAs), such as salicylic acid, should not be combined, as it increases the risk of skin irritation. Niacinamide and zinc are often used together in products developed for acne-prone skin. Niacinamide treats uneven skin tone and enlarged pores, while zinc helps soothe the skin and controls oil production. Glycolic acid and lactic acid are both alpha hydroxy acids. As such, they may be used together to enhance exfoliation with no increased risk of side effects. Peptides and ceramides can be used together to support and repair the skin's barrier while improving its moisture content; however, all ingredients should be fully researched before combining to ensure safety and efficacy.

Question: 3

When should extractions be performed during a facial?

- A. After deep cleansing
- B. After steaming
- C. After applying toner
- D. After applying moisturizer

Answer: B

Explanation:

Extractions should be performed after the skin has been steamed. If a desincrustation service will be performed, it should be done between steaming and extracting. Steaming softens the skin and allows impurities to be extracted with minimum pressure or pain for the client. Deep cleansing (A) should occur first, followed by a skin analysis. The steaming and extractions should occur next, followed by the application of a toner (C). Clay-based masks, soothing masks, and moisturizers should then be utilized (D). Galvanic or high-frequency treatments can be performed after the skin has been moisturized. The facial should conclude with a post-treatment consultation.

Question: 4

How should hard copies of forms with medical information be stored?

- A. In a nearby secure storage facility
- B. On-site in a locked filing system
- C. In an easily accessible folder
- D. With appointment booking forms

Answer: B

Explanation:

Due to its confidential nature, medical information should be stored in a locked system. This prevents breaches of client privacy. Keeping the records on-site ensures they are easily accessible in the event of a medical emergency. While the records should be secure, keeping them off-site would delay assistance in the event of emergency. These forms must remain in a locked system when not in use, making a folder an inappropriate choice. Appointment booking forms tend to be kept in reception areas and are not secured. As such, medical information should not be stored with them.

Question: 5

When operating a steamer equipped with ozone, when should the switch that activates the ozone setting be turned on?

- A. Before activating the steam setting
- B. After turning on the steamer but before steam is visible
- C. After visible steam is flowing from the steamer
- D. After turning the steaming function off

Answer: C

Explanation:

Ozone, a form of oxygen that has three atoms instead of two, is thought to enhance cleansing procedures and improve circulation. When using a steamer equipped with ozone, the ozone feature should not be turned on until steam is visible. This ensures the ozone can become mixed with steam and effectively work on the skin. Activating the ozone function too early (A or B) can prevent integration with steam, rendering the ozone ineffective. Ozone should be used in conjunction with steam, not afterwards (D).

Question: 6

Which of the following contains the hair's capillaries and nerves?

- A. The shaft
- B. The bulb
- C. The papilla
- D. The root

Answer: C

Explanation:

Hair follicles have several appendages that perform specialized functions to support hair growth. The papilla is a cone-shaped section of connective tissue in which the capillaries and nerves are found. The capillaries provide nutrients from blood to the hair, while the nerves allow for the sensation of touch. The shaft (A) is the portion of hair that is located above the surface of the skin. This section of hair is visible and is pushed out as the hair continues to grow beneath it. Hair growth occurs in the bulb (B) as a result of cell division that occurs in the follicular canal. The root of the hair (D) serves as an anchor by attaching the hair to the skin cells at the base of the follicle.

Question: 7

Which of the following best describes the purpose of a Wood's lamp?

- A. To provide additional lighting during facial treatments
- B. To provide magnification during extractions
- C. To provide soothing heat during treatments
- D. To provide ultraviolet light that aids in skin analysis

Answer: D

Explanation:

Wood's lamps use ultraviolet light to illuminate the skin. This makes certain bacteria, fungi, and pigmentations visible, as UV light makes them appear in patches of different colors. This helps a provider see issues within and on the skin during an analysis:

- Normal skin appears blue and does not have any fluorescent spots.
- White indicates dry, dead skin.
- Purple indicates skin that is thin and lacks moisture.
- Brown indicates sun damage.
- Pink and orange indicate oiliness.
- Bright yellow, green, and coral indicate the presence of bacteria and fungi.

Standard spa lamps are used for both magnification and additional lighting during skin services.

Infrared lamps can be used for heating and promoting absorption during salon services.

Question: 8

Which of the following muscles allow the wrist, hand, and fingers to straighten?

- A. Extensors
- B. Flexors
- C. Adductors
- D. Abductors

Answer: A

Explanation:

Extensors are responsible for allowing the straightening or extending of a joint, such as those found in the wrist, hand, and fingers. Flexors allow those same joints to bend. Adductors allow joints to move inward toward the midline. Regarding the hands and fingers, the adductor muscles allow the fingers and thumb to move toward the palms. Abductors move joints away from the midline. They allow for the spreading of the fingers.

Question: 9

Which of the following eyeshadow colors would provide the greatest contrast for blue eyes?

- A. Blue
- B. Brown
- C. Pink
- D. Purple

Answer: B

Explanation:

To best enhance the color of the eye, an eyeshadow in a complementary color should be used. Complementary colors are those that sit across from each other on the color wheel and create the

greatest amount of contrast when placed together. While the complementary color of blue is orange, this often creates a bolder look than most clients would like to wear daily. Instead, brown, taupe, tan, copper, and other colors in this family are good choices to enhance blue eyes. Conversely, shadows in the blue family would best enhance brown eyes. Green sits across from red on the color wheel, making soft pinks the best choice for enhancing green eyes. Purple is also a flattering choice for green eyes, as it is a blend of red and blue.

Question: 10

When performing an acne facial, which of the following steps should occur before extractions?

- A. Desincrustation
- B. Galvanic treatment
- C. Soothing mask
- D. Toner

Answer: A

Explanation:

When performing an acne facial, the desincrustation step should occur prior to extractions. This softens the outermost layer of skin, as well as the sebum, making it easier to remove impurities from the pores. Following extractions, a toner (D) or astringent should be applied. This will soothe, cleanse, and rehydrate the skin. A clay-based mask for deep cleansing can be applied next, followed by a soothing mask (C). Once the soothing mask has been removed, moisturizer should be applied, and a galvanic or high-frequency treatment can be performed (B). These treatments may also occur immediately following extractions; however, they should not occur before.

Question: 11

Beta-glucan cream is known to:

- A. Activate macrophages
- B. Remove dead cells
- C. Transfer antioxidants
- D. Trap moisture

Answer: A

Explanation:

Beta-glucan cream activates macrophages in connective tissue, which has been shown to maintain cell integrity and cause the skin to brighten and look younger. Exfoliators remove dead skin cells from the surface of the skin. Antioxidants are transferred by liposomes. Silicones help to hold moisture in the skin.

Question: 12

Following a client's initial facial appointment, how much time should be allotted to explaining at-home care?

- A. 5 minutes
- B. 15 minutes
- C. 30 minutes
- D. 45 minutes

Answer: B

Explanation:

15 minutes should be allotted to discuss at-home skin care following the conclusion of a new client's first appointment. This is regarded as an adequate amount of time to discuss skin care concerns, recommend products, and provide instructions on their use. Failure to block out enough time can leave the client feeling rushed. It can also cause this portion of the appointment to run into other clients' appointment times, leaving them dissatisfied. In all subsequent facial appointments, no more than five minutes is usually allotted for this information. More than 15 minutes is typically not needed to address concerns or provide instructions for product usage. It would also cut into valuable time in which other clients could be receiving services.

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