

Arkansas Esthetician Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. Which bone is located on the thumb side of the lower forearm?**
 - A. Ulna**
 - B. Femur**
 - C. Radius**
 - D. Tibia**
- 2. What is a peptide?**
 - A. An ingredient that increases product density**
 - B. An organic acid extracted from natural sources**
 - C. A silicone-based ingredient**
 - D. A compound of two or more amino acids linked in a chain**
- 3. Art of arranging light and dark to produce an illusion of 3D shapes:**
 - A. Chiaroscuro**
 - B. Cubism**
 - C. Pointillism**
 - D. Surrealism**
- 4. What do chelating agents do in formulations?**
 - A. Increase the density of the product**
 - B. Increase the effectiveness of preservatives**
 - C. Link amino acids in a chain**
 - D. Extracted from natural sources**
- 5. Where are apocrine glands not located?**
 - A. Underarm area**
 - B. Groin**
 - C. Scalp**
 - D. Feet**

- 6. Which system coordinates and controls the overall operation of the human body?**
- A. Circulatory system**
 - B. Nervous system**
 - C. Endocrine system**
 - D. Musculoskeletal system**
- 7. What are fatty alcohols derived from?**
- A. Synthetic chemicals**
 - B. Fatty acids exposed to hydrogen**
 - C. Natural mineral sources**
 - D. Alcohol fermentation**
- 8. What is the function of the risorius muscle?**
- A. Turns the palm down**
 - B. Puckers and wrinkles the lips**
 - C. Draws the mouth up and out**
 - D. Closes the eyelid**
- 9. Which organ converts and neutralizes ammonia from the circulatory system to urea?**
- A. Kidney**
 - B. Heart**
 - C. Liver**
 - D. Lungs**
- 10. Which nerve of the arm extends down the thumb side of the arm into the back of the hand?**
- A. Cervical**
 - B. Temporal**
 - C. Radial**
 - D. Facial nerve**

Answers

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1. C
2. D
3. A
4. B
5. D
6. B
7. B
8. C
9. C
10. C

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Explanations

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1. Which bone is located on the thumb side of the lower forearm?

- A. Ulna**
- B. Femur**
- C. Radius**
- D. Tibia**

The ulna and radius are both located in the lower forearm, but the ulna is on the pinky side while the radius is on the thumb side. The femur and tibia are both bones of the leg, not the lower forearm. So the correct answer is the radius, as it is located on the thumb side of the lower forearm.

2. What is a peptide?

- A. An ingredient that increases product density**
- B. An organic acid extracted from natural sources**
- C. A silicone-based ingredient**
- D. A compound of two or more amino acids linked in a chain**

A peptide is defined as a compound made up of two or more amino acids that are linked together in a chain. This biochemical structure plays a crucial role in various physiological functions and is essential in skincare products due to its ability to promote skin health. Peptides can communicate with cells to initiate vital processes such as collagen production, which can lead to improvements in skin texture and elasticity. The other options do not accurately define peptides. The first option suggests a function related to product density, which does not pertain to the structural or chemical nature of peptides. The second option describes an organic acid, which is a different type of compound altogether and does not encompass the peptide structure. The third option mentions silicone-based ingredients, which are also distinctly different in their composition and properties compared to peptides.

3. Art of arranging light and dark to produce an illusion of 3D shapes:

- A. Chiaroscuro**
- B. Cubism**
- C. Pointillism**
- D. Surrealism**

Chiaroscuro is the technique of using strong contrasts between light and dark to create a sense of depth and 3D shapes in a work of art. Cubism is a modern art style that breaks down subjects into geometric shapes. Pointillism is a technique of using small dots to create an image. Surrealism is an artistic movement that aims to express the subconscious and dream-like elements in art. While all of these choices involve visual elements, only chiaroscuro specifically refers to the use of light and dark to create a 3D effect.

4. What do chelating agents do in formulations?

- A. Increase the density of the product
- B. Increase the effectiveness of preservatives**
- C. Link amino acids in a chain
- D. Extracted from natural sources

Chelating agents play a crucial role in cosmetic and skincare formulations by binding metal ions, which can help enhance the stability and effectiveness of preservatives. By sequestering these metal ions, chelating agents prevent them from catalyzing degradation reactions that could compromise the formulation. This action helps to maintain the integrity and longevity of the product, ensuring that preservatives can work optimally to protect against microbial growth. The other options do not accurately reflect the function of chelating agents. Increasing the density of a product typically involves thickening agents, not chelating agents. Linking amino acids is a function of peptides or similar compounds, which is distinct from the role of chelating agents. Finally, while some chelating agents can be derived from natural sources, this statement does not encompass their primary function in formulations. Therefore, the focus on enhancing the effectiveness of preservatives aligns precisely with the role of chelating agents.

5. Where are apocrine glands not located?

- A. Underarm area
- B. Groin
- C. Scalp
- D. Feet**

Apocrine glands are mainly found in the underarm area and groin. They can also be found in other areas of the body such as the scalp, face, and genitals. However, they are not present in the feet. The feet have a different type of sweat gland called eccrine glands, which are responsible for regulating body temperature and producing sweat to cool the body. Therefore, the correct answer is D Feet.

6. Which system coordinates and controls the overall operation of the human body?

- A. Circulatory system
- B. Nervous system**
- C. Endocrine system
- D. Musculoskeletal system

The nervous system is responsible for coordinating and controlling the overall operation of the human body. The circulatory system is responsible for transporting nutrients and oxygen throughout the body, while the endocrine system is responsible for regulating hormones. The musculoskeletal system is responsible for movement and support of the body. While all of these systems are important for human functioning, the nervous system is specifically responsible for coordinating and controlling all of the body's functions. Therefore, option B is the correct answer.

7. What are fatty alcohols derived from?

- A. Synthetic chemicals
- B. Fatty acids exposed to hydrogen**
- C. Natural mineral sources
- D. Alcohol fermentation

Fatty alcohols are derived from fatty acids exposed to hydrogen due to a process called hydrogenation. This process adds hydrogen atoms to unsaturated fatty acids, transforming them into saturated fatty acids, which can then be converted into fatty alcohols. Option A is incorrect because fatty alcohols are derived from natural fatty acids, not synthetic chemicals. Option C is incorrect because fatty alcohols are not derived from natural mineral sources such as rocks or ores. Option D is incorrect because alcohol fermentation produces ethyl alcohol, not fatty alcohols.

8. What is the function of the risorius muscle?

- A. Turns the palm down
- B. Puckers and wrinkles the lips
- C. Draws the mouth up and out**
- D. Closes the eyelid

The function of the risorius muscle is to draw the corners of the mouth up and out, creating a smile. This function is unique to this muscle, which means options A, B, and D are incorrect. Option A's function belongs to the pronator teres muscle, which is responsible for rotating the forearm to turn the palm down. Option B's function belongs to the orbicularis oris muscle, which creates facial expressions such as puckering and wrinkling the lips. Option D's function belongs to the orbicularis oculi muscle, which is responsible for closing the eyelid. It is important to distinguish between these muscles and their functions to better understand the functions of the risorius muscle. This is why option C is the correct answer.

9. Which organ converts and neutralizes ammonia from the circulatory system to urea?

- A. Kidney
- B. Heart
- C. Liver**
- D. Lungs

The liver is the correct answer because it is responsible for converting ammonia, a toxic waste product, into urea which can be safely excreted from the body. The kidneys are responsible for filtering the blood and removing excess urea, but they do not directly convert ammonia. The heart and lungs play important roles in the circulatory system, but they do not convert or neutralize ammonia. Therefore, C is the only logical choice for this question.

10. Which nerve of the arm extends down the thumb side of the arm into the back of the hand?

A. Cervical

B. Temporal

C. Radial

D. Facial nerve

The Cervical nerve extends down the thumb side of the arm, not the back side, and its main function is to control the muscles in the neck area. The Facial nerve, on the other hand, controls the muscles of the face and is not located in the arm. The Temporal nerve, although located in the head, does not extend down the arm at all. The correct choice is the Radial nerve as it begins in the shoulder and extends all the way down to the thumb and fingers, providing sensation and control to that area of the arm and hand.