

Arkansas Esthetician Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

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- 1. Which branch of the facial nerve extends to the muscles of the temple, side of the forehead, eyebrow, eyelid, and upper cheek?**
 - A. Temporal**
 - B. Cervical**
 - C. Zygomatic nerve**
 - D. Auriculo temporal nerve**
- 2. What is the cause of Hirsutism?**
 - A. Decrease in estrogen**
 - B. Increase in the hormone androgen**
 - C. Lack of protein**
 - D. Exposure to sunlight**
- 3. What does a pH level of 0-6 indicate?**
 - A. Acidic pH**
 - B. Alkaline pH**
 - C. Neutral pH**
 - D. Average pH of skin**
- 4. What characterizes Vitiligo?**
 - A. Congenital lack of skin pigmentation**
 - B. Darkened patches from trauma**
 - C. Foul smelling perspiration**
 - D. White patches due to loss of pigment in melanin cells**
- 5. Where is the papillary dermis layer located?**
 - A. Below the epidermis**
 - B. Above the epidermis**
 - C. Below the reticular dermis**
 - D. Above the subcutaneous layer**

- 6. What are staphylococci?**
- A. Bacteria that live in soil**
 - B. Bacterial cells found in clean water**
 - C. Pus forming bacterial cells present in abscesses, pustules, and boils**
 - D. Nonpathogenic bacteria that help in digestion**
- 7. Verruca is another name for what?**
- A. Bacterial infection**
 - B. Warts**
 - C. Fungal infection**
 - D. Yeast infection**
- 8. What do Pacinian corpuscles detect?**
- A. Temperature**
 - B. Deep pressure and pain**
 - C. Light touch**
 - D. Vibrations**
- 9. What is an Excoriation?**
- A. Shedding of dead skin cells**
 - B. Formation resulting from a lesion**
 - C. Mechanical abrasion of the epidermis**
 - D. Crack or like in the skin**
- 10. What do the parietal bones form?**
- A. The base of the skull**
 - B. The front of the skull**
 - C. The crown and upper sides of the head**
 - D. The lower jaw**

Answers

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

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Explanations

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1. Which branch of the facial nerve extends to the muscles of the temple, side of the forehead, eyebrow, eyelid, and upper cheek?

A. Temporal

B. Cervical

C. Zygomatic nerve

D. Auriculo temporal nerve

The Temporal branch of the facial nerve extends to the muscles of the temple, side of the forehead, eyebrow, eyelid, and upper cheek. The other options are incorrect because B: The cervical branch of the facial nerve extends to the muscles of the neck and lower part of the face. C: The zygomatic nerve is a branch of the trigeminal nerve and provides sensation to the cheek and part of the nose. D: The auriculo temporal nerve is a branch of the mandibular nerve and provides sensation to the temple and side of the head.

2. What is the cause of Hirsutism?

A. Decrease in estrogen

B. Increase in the hormone androgen

C. Lack of protein

D. Exposure to sunlight

Hirsutism is a condition where there is excessive hair growth in women in areas such as the face, chest, and back. The most common cause of hirsutism is an increase in the hormone androgen, specifically testosterone. This can be due to conditions such as polycystic ovary syndrome (PCOS) or adrenal gland disorders. Decrease in estrogen (option A) is not a cause of hirsutism, but it can contribute to hair loss. Lack of protein (option C) does not play a role in hirsutism. Exposure to sunlight (option D) can increase vitamin D production but it is not related to hirsutism.

3. What does a pH level of 0-6 indicate?

A. Acidic pH

B. Alkaline pH

C. Neutral pH

D. Average pH of skin

A pH level of 0-6 indicates an acidic pH. This means that the substance or solution has a high concentration of hydrogen ions. A neutral pH is 7, indicating an equal balance of hydrogen ions and hydroxide ions. An alkaline pH is between 8-14, indicating a high concentration of hydroxide ions. An average pH of skin is typically around 5.5, which falls within the acidic range. Therefore, options B, C, and D are incorrect as they do not correctly describe what a pH level of 0-6 indicates.

4. What characterizes Vitiligo?

- A. Congenital lack of skin pigmentation
- B. Darkened patches from trauma
- C. Foul smelling perspiration
- D. White patches due to loss of pigment in melanin cells**

Vitiligo is characterized by the appearance of white patches on the skin resulting from a loss of pigment in the melanin-producing cells known as melanocytes. This condition occurs when these cells are destroyed or fail to function properly, leading to the depigmentation of skin in certain areas. The white patches can vary in size and can appear on any part of the body, including areas that are frequently exposed to sunlight, which can make them more noticeable. The other options refer to different skin conditions or issues. The congenital lack of skin pigmentation, while it may seem similar, typically describes albinism rather than vitiligo, which can develop later in life. Darkened patches from trauma relate more to post-inflammatory hyperpigmentation, and foul-smelling perspiration is associated with various conditions affecting sweat glands, rather than a pigmentation disorder like vitiligo.

5. Where is the papillary dermis layer located?

- A. Below the epidermis**
- B. Above the epidermis
- C. Below the reticular dermis
- D. Above the subcutaneous layer

The papillary dermis layer is located below the epidermis. The papillary dermis contains capillaries, lymphatics, and sensory nerves and is responsible for the nourishment and sensation of the epidermis. The other options, B, C, and D, are incorrect because they are either above or below the papillary dermis layer. The reticular dermis layer is located below the papillary dermis, and the subcutaneous layer is located below both layers. This shows that the papillary dermis is the closest layer to the epidermis, which is why option A is the correct answer.

6. What are staphylococci?

- A. Bacteria that live in soil
- B. Bacterial cells found in clean water
- C. Pus forming bacterial cells present in abscesses, pustules, and boils**
- D. Nonpathogenic bacteria that help in digestion

Staphylococci are a group of bacteria commonly found on human skin, in the respiratory and digestive tract, and in some cases, can be pathogenic causing infections such as abscesses, pustules, and boils. Option A is incorrect because these bacteria typically do not live in soil. Option B is incorrect because staphylococci are not commonly found in clean water. Option D is incorrect because staphylococci are not considered nonpathogenic and do not assist in digestion.

7. Verruca is another name for what?

- A. Bacterial infection
- B. Warts**
- C. Fungal infection
- D. Yeast infection

The term "verruca" specifically refers to warts, which are benign growths on the skin caused by human papillomavirus (HPV). Warts can appear in various forms, such as plantar warts on the feet or common warts on the hands. Understanding that verruca signifies this particular skin condition is crucial in an esthetician's practice, as it assists in identifying skin lesions and determining appropriate treatment options. Other choices represent different types of infections or conditions. Bacterial infections involve pathogens that can affect various skin layers but are not related to warts. Fungal infections pertain to conditions caused by fungi, while yeast infections specifically refer to infections caused by yeast, a subgroup of fungi. None of these correctly align with the definition of verruca. Therefore, warts remain the accurate association for the term.

8. What do Pacinian corpuscles detect?

- A. Temperature
- B. Deep pressure and pain**
- C. Light touch
- D. Vibrations

Pacinian corpuscles are special nerve endings located in the skin, joints, and internal organs. These encapsulated receptors are sensitive to mechanical changes in their surroundings, particularly deep pressure and vibrations. This allows us to detect touch and pressure, but they do not detect temperature or light touch. Therefore, option A, C, and D are incorrect.

9. What is an Excoriation?

- A. Shedding of dead skin cells
- B. Formation resulting from a lesion
- C. Mechanical abrasion of the epidermis**
- D. Crack or like in the skin

An excoriation is a type of skin injury or wound caused by skin rubbing or scratching against a rough surface. This results in the removal or erosion of the top layer of skin, also known as the epidermis. Option A, shedding of dead skin cells, is a natural process and not considered an injury. Option B, formation resulting from a lesion, is too broad and vague for the definition of an excoriation. Option D, a crack or like in the skin, could potentially be an excoriation, but it does not specify the cause of the injury. Only option C accurately describes the mechanism and characteristics of an excoriation.

10. What do the parietal bones form?

- A. The base of the skull**
- B. The front of the skull**
- C. The crown and upper sides of the head**
- D. The lower jaw**

The correct answer illustrates that the parietal bones play a significant role in shaping the structure of the skull. Specifically, they are responsible for forming the crown and upper sides of the head. These paired bones are located on the top and sides of the skull, connecting with several other cranial bones, and are crucial in providing structure and protection to the brain. Considering the other options, the base of the skull is formed by the occipital bone and other structures, while the front of the skull is predominantly formed by the frontal bone. The lower jaw is constructed from the mandible, which is a separate bone altogether. Hence, none of these options correctly represent the function and location of the parietal bones in the context of cranial anatomy.