Arkansas Esthetician Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

Questions

1. What are tubular, elastic, thick-walled branching vessels that carry oxygenated blood from the heart through the body?

A. Veins

B. Erythrocytes

C. Arteries

D. Leucocytes

2. What does muscular tissue do when stimulated?

A. Carries messages to and from the brain

B. Contracts to produce motion

C. Forms the physical foundation of the body

D. Coordinates body functions

3. What characterizes silicones in products?

A. They increase the product's density

B. They are environmentally friendly derivatives of a silicone base

C. They link amino acids in a chain

D. They improve the effectiveness of preservatives

4. How many bones are involved in facial massage?

A. 14

B. 9

C. 12

D. 7

5. What are the basic units of life?

A. Tissues

B. Cells

C. Organs

D. Molecules

6. What do melanocytes give to the skin?

A. Its color

B. A protective outer layer

C. Sensitivity to touch

D. The ability to sweat

7. What does a pH level of 8-14 indicate?

A. Acidic pH

B. Alkaline pH

C. Neutral pH

D. Average pH of skin

8. What type of machine uses UV light to kill bacteria in a dry setting?

A. Autoclave

B. Chemiclave

C. UV Light Sterilizer

D. Ozone Generator

9. What are tissues made of?

A. Individual cells of different kinds

B. Groups of cells of the same kind or makeup

C. Organs

D. Systems

10. Color scheme that uses 3 colors located on a triangular position on the color wheel:

A. Triadic

B. Monochromatic

C. Analogous

D. Complementary

Answers

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

Explanations

1. What are tubular, elastic, thick-walled branching vessels that carry oxygenated blood from the heart through the body?

A. Veins

B. Erythrocytes

C. Arteries

D. Leucocytes

Arteries are tubular, elastic, thick-walled branching vessels that carry oxygenated blood from the heart through the body. They are different from veins (A) because veins carry deoxygenated blood back to the heart. Erythrocytes (B) and leucocytes (D) are not vessels, but rather types of blood cells. Erythrocytes are red blood cells responsible for carrying oxygen, while leucocytes are white blood cells responsible for immune defense. Therefore, it is incorrect to say that these cells carry oxygenated blood from the heart through the body.

2. What does muscular tissue do when stimulated?

A. Carries messages to and from the brain

B. Contracts to produce motion

C. Forms the physical foundation of the body

D. Coordinates body functions

Muscular tissue, when stimulated, contracts to produce motion. This contraction allows the body to move and perform various functions. Muscles are responsible for generating force and motion, enabling actions such as walking, smiling, and even maintaining posture. They work in conjunction with the skeletal system to produce movement and provide support to the body. Choices A, C, and D do not accurately describe the primary function of muscular tissue in response to stimulation.

3. What characterizes silicones in products?

A. They increase the product's density

B. They are environmentally friendly derivatives of a silicone base

C. They link amino acids in a chain

D. They improve the effectiveness of preservatives

Silicones are unique compounds that are widely used in cosmetic and personal care products. They are known for their ability to create a smooth, silky texture, and they often help with moisture retention and provide a barrier on the skin. The correct characterization of silicones in products is that they often promote desirable properties like improved spreadability and a non-greasy feel, but they are not derived from environmentally friendly materials. In fact, most silicones are synthetic and not typically described as environmentally friendly derivatives. The choice mentioning amino acids refers to a different category of compounds, primarily related to proteins and not to silicones. The idea of increasing product density can also be misleading, as silicones are not primarily known for affecting density but rather for offering smooth application and sensory benefits. Lastly, while silicones may play a role in the stability of formulations, they do not directly improve the effectiveness of preservatives in the way that is suggested. Thus, while the other options present characteristics that do not accurately describe silicones, they do highlight the distinct functions and properties that silicones offer in cosmetic formulations.

4. How many bones are involved in facial massage?

A. 14

B. 9

C. 12

D. 7

A 14 bones are incorrect because while there are 14 bones in the human face, not all of them are involved with facial massage. C: 12 bones are incorrect because while there are 12 bones that make up the skull and provide attachment points for facial muscles, not all of them are involved with facial massage either. D: 7 bones are incorrect because although there are 7 bones in the head and neck region, not all of them are involved with facial massage. The correct answer is B because there are 9 specific bones involved in facial massage - the two zygomatic bones, two maxillary bones, two nasal bones, two lacrimal bones, and one vomer bone. Understanding the specific bones involved in facial massage is important for ensuring a safe and effective treatment. Options A, C, and D are incorrect because they do not reflect the correct number of bones involved in facial massage and may lead to ineffective or even dangerous techniques. Option B is the best answer as it accurately reflects the number of bones involved in facial massage.

5. What are the basic units of life?

A. Tissues

B. Cells

C. Organs

D. Molecules

Cells are considered the basic units of life because they are the smallest living components of all living organisms. Cells are responsible for carrying out all of the necessary functions of life and are responsible for the growth, reproduction, and maintenance of living organisms. Tissues (A) are made up of a group of cells, and organs (C) are formed by different types of tissues working together. Molecules (D) are even smaller components than cells and can be found within cells, but they are not considered the basic unit of life.

6. What do melanocytes give to the skin?

A. Its color

B. A protective outer layer

C. Sensitivity to touch

D. The ability to sweat

Melanocytes are cells in the skin that produce melanin, which is a pigment that gives the skin its color. Option B is incorrect because the outer layer of the skin is made up of epithelial cells, not melanocytes. Option C is incorrect because sensitivity to touch is controlled by specialized nerve endings in the skin, not melanocytes. Option D is incorrect because sweat glands, not melanocytes, are responsible for producing sweat.

7. What does a pH level of 8-14 indicate?

A. Acidic pH

B. Alkaline pH

C. Neutral pH

D. Average pH of skin

A pH level ranging from 8 to 14 indicates an alkaline or basic pH. The pH scale measures the acidity or alkalinity of a substance, where a pH of 7 is neutral, values below 7 are considered acidic, and values above 7 are classified as alkaline. Since the question specifies a range of 8 to 14, it clearly falls into the alkaline category. In the context of skincare and esthetics, understanding pH is crucial because many skincare products are formulated to be pH balanced, closely mirroring the skin's natural level, which is typically between 4.5 and 5.5. Therefore, products with a pH of 8 or higher may not be suitable for all skin types as they can disrupt the skin's natural barrier, leading to irritation or other skin issues.

8. What type of machine uses UV light to kill bacteria in a dry setting?

A. Autoclave

B. Chemiclave

C. UV Light Sterilizer

D. Ozone Generator

The use of UV light for sterilization is particularly effective because UV light disrupts the DNA of bacteria, preventing them from replicating and effectively killing them. A UV light sterilizer is specifically designed to harness this property, making it an efficient method to disinfect tools and surfaces in a dry environment without the need for chemicals or moisture, which is essential in esthetic practices to maintain hygiene standards. An autoclave uses steam under pressure to sterilize equipment and is not reliant on UV light. A chemiclave similarly involves the use of chemical vapors for sterilization, which also requires additional steps that UV sterilization does not. An ozone generator produces ozone gas for sanitization; while it has its uses, it operates differently from a UV light sterilizer and can be impractical in some environments due to its odor and potential effects. Overall, the UV light sterilizer stands out for its direct method of utilizing light to achieve sterilization in a quick and effective manner.

9. What are tissues made of?

A. Individual cells of different kinds

B. Groups of cells of the same kind or makeup

C. Organs

D. Systems

Tissues are groups of cells of the same kind or makeup. This is different from individual cells (option A), which can exist on their own without being involved in a larger structure. Organs (option C) and systems (option D) are made up of multiple tissues and are therefore incorrect as tissues are a smaller component. Additionally, organs are made up of different types of tissues, not just one type. Therefore, option B is the most accurate and complete answer.

10. Color scheme that uses 3 colors located on a triangular position on the color wheel:

A. Triadic

B. Monochromatic

C. Analogous

D. Complementary

A triadic color scheme is defined as a color scheme that uses three colors which are equally spaced on the color wheel. This creates a strong, vibrant palette as the colors contrast with each other while still maintaining balance. Option B, monochromatic, uses varying shades and tints of a single color. Option C, analogous, uses colors that are next to each other on the color wheel. Option D, complementary, uses colors that are opposite each other on the color wheel. While these color schemes can also create stunning combinations, they do not follow the specific criteria of a triadic color scheme as described in the question.