

# Arkansas Esthetician Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## 1. Start with a Diagnostic Review

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## 2. Study in Short, Focused Sessions

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## 3. Learn from the Explanations

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## 4. Track Your Progress

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## 5. Simulate the Real Exam

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## 6. Repeat and Review

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## **Questions**

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- 1. Which is not a method of electrolysis?**
  - A. Photo-epilation**
  - B. Thermolysis**
  - C. Galvanic method**
  - D. Multiple needle method**
  
- 2. Which term describes the most dangerous type of skin growth?**
  - A. Basal cell carcinoma**
  - B. Squamous cell carcinoma**
  - C. Actinic keratosis**
  - D. Melanoma**
  
- 3. Which layer is rich in blood vessels and capillaries?**
  - A. Epidermis**
  - B. Papillary dermis**
  - C. Reticular dermis**
  - D. Subcutaneous layer**
  
- 4. Where is the stratum lucidum layer found to be thickest?**
  - A. Palms of the hands and soles of the feet**
  - B. Around the elbows**
  - C. On the scalp**
  - D. Across the back**
  
- 5. What is the epidermis made up of?**
  - A. Fibroblast cells**
  - B. Adipose tissue**
  - C. Squamous cells**
  - D. Epithelial cells**
  
- 6. Which nerve extends to the side of the forehead, temple, and upper part of the cheek?**
  - A. Facial nerve**
  - B. Zygomatic nerve**
  - C. Auriculotemporal nerve**
  - D. Temporal**

**7. What are the primary components of the nervous system?**

- A. Heart, lungs, and kidneys**
- B. Brain, spinal cord, and nerves**
- C. Muscles, tendons, and ligaments**
- D. Pancreas, liver, and gallbladder**

**8. What does the reticular dermis layer contain?**

- A. Blood vessels and capillaries**
- B. Hair follicles and sweat glands**
- C. Connective tissue**
- D. Nervous tissue**

**9. Makeup is \_% art, \_% science.**

- A. 80% art, 20% science**
- B. 70% art, 30% science**
- C. 60% art, 40% science**
- D. 50% art, 50% science**

**10. 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**

## **Answers**

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

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## **Explanations**

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## 1. Which is not a method of electrolysis?

- A. Photo-epilation**
- B. Thermolysis**
- C. Galvanic method**
- D. Multiple needle method**

Photo-epilation is indeed not a method of electrolysis. Electrolysis specifically involves the use of electrical current to permanently destroy hair follicles, and includes techniques such as thermolysis, galvanic method, and multiple needle method. In thermolysis, high-frequency current is applied to the hair follicle to generate heat and effectively destroy it. The galvanic method utilizes a direct current to cause a chemical reaction that destroys the hair root. The multiple needle method employs several probes inserted into the follicle simultaneously. Photo-epilation, on the other hand, is a broader term that refers to light-based hair removal methods, such as intense pulsed light (IPL) and laser hair removal. These techniques do not use electrical currents to treat hair follicles, which is why they fall outside the definition of electrolysis.

## 2. Which term describes the most dangerous type of skin growth?

- A. Basal cell carcinoma**
- B. Squamous cell carcinoma**
- C. Actinic keratosis**
- D. Melanoma**

Melanoma is the most dangerous type of skin growth because it is a form of skin cancer that starts in the cells that produce skin pigmentation. It has a higher chance of spreading to other parts of the body and can be fatal if not caught and treated early. The other options listed- basal cell carcinoma, squamous cell carcinoma, and actinic keratosis- are also types of skin cancer but have a lower likelihood of spreading and are typically more treatable. However, all types of skin cancer should be taken seriously and treated promptly by a medical professional.

## 3. Which layer is rich in blood vessels and capillaries?

- A. Epidermis**
- B. Papillary dermis**
- C. Reticular dermis**
- D. Subcutaneous layer**

The papillary dermis is the correct answer because it is the layer closest to the epidermis, which is where the blood vessels and capillaries are needed for nutrient and oxygen delivery to the skin cells. The epidermis may be the outermost layer, but it does not contain any blood vessels or capillaries. The reticular dermis is deeper in the skin and is primarily made up of collagen and elastin fibers, not blood vessels and capillaries. The subcutaneous layer, also known as the hypodermis, is primarily made up of fat cells and does not have a high concentration of blood vessels and capillaries. Thus, option B is the most accurate answer.

#### 4. Where is the stratum lucidum layer found to be thickest?

- A. Palms of the hands and soles of the feet**
- B. Around the elbows**
- C. On the scalp**
- D. Across the back**

The stratum lucidum layer is found in the epidermis, the outermost layer of the skin. This layer is mostly found in thick, hairless areas of the body such as the palms of the hands and soles of the feet. This layer helps to protect the skin from friction and pressure. The other options, such as around the elbows, on the scalp, and across the back, do not typically have thick layers of stratum lucidum, as these areas have hair and are not subjected to as much friction and pressure as the palms and soles. Therefore, the thickest layer of stratum lucidum is found in the palms of the hands and soles of the feet.

#### 5. What is the epidermis made up of?

- A. Fibroblast cells**
- B. Adipose tissue**
- C. Squamous cells**
- D. Epithelial cells**

The epidermis is the outermost layer of the skin and is mainly made up of epithelial cells. Fibroblast cells are found in the dermis, which is the layer beneath the epidermis. Adipose tissue is also found in the dermis, but it is not a major component of the epidermis. Squamous cells are a type of epithelial cell, but they make up a small portion of the epidermis, while other types of epithelial cells such as keratinocytes are more abundant. Therefore, D Epithelial cells, is the correct answer for what the epidermis is made up of.

#### 6. Which nerve extends to the side of the forehead, temple, and upper part of the cheek?

- A. Facial nerve**
- B. Zygomatic nerve**
- C. Auriculotemporal nerve**
- D. Temporal**

The facial nerve extends to the front part of the ear and controls facial expressions, while the temporal nerve extends to the side of the forehead, temple, and upper part of the cheek. The zygomatic nerve also extends to the cheek, but it specifically controls sensation in the cheek and upper lip. The temporal nerve connects to the auriculotemporal nerve, but it only extends to the temple and does not cover the entire cheek area.

## 7. What are the primary components of the nervous system?

- A. Heart, lungs, and kidneys
- B. Brain, spinal cord, and nerves**
- C. Muscles, tendons, and ligaments
- D. Pancreas, liver, and gallbladder

The primary components of the nervous system are the brain, spinal cord, and nerves. Option A is incorrect because the heart, lungs, and kidneys are part of the cardiovascular and respiratory systems. Option C is incorrect because muscles, tendons, and ligaments are part of the muscular and skeletal systems. Option D is incorrect because the pancreas, liver, and gallbladder are part of the digestive system. The nervous system is responsible for controlling and coordinating movements, sensation, and bodily processes, while the other systems mentioned perform different functions.

## 8. What does the reticular dermis layer contain?

- A. Blood vessels and capillaries
- B. Hair follicles and sweat glands
- C. Connective tissue**
- D. Nervous tissue

The reticular dermis layer is the thick, lower layer of the dermis composed of dense connective tissue. This layer consists of collagen and elastic fibers that give the skin its strength and elasticity. Option A is incorrect as blood vessels and capillaries are located in the papillary dermis, the thinner layer above the reticular dermis. Option B is incorrect as hair follicles and sweat glands are located within the dermis, but not specifically in the reticular layer. Option D is incorrect as nervous tissue is not found in the dermis, but rather in the subcutaneous tissue layer below.

## 9. Makeup is \_% art, \_% science.

- A. 80% art, 20% science**
- B. 70% art, 30% science
- C. 60% art, 40% science
- D. 50% art, 50% science

Makeup is an art form that allows individuals to express themselves creatively and enhance their appearance. However, it is also a science that requires knowledge of different skin types, color theory, and specific techniques for different makeup products. While both aspects are important in creating a successful makeup look, the majority of the process depends heavily on artistic skills and techniques, making option A the most accurate ratio. Option B, C, and D have a lower percentage of art, indicating a lesser emphasis on skill and creativity in the makeup process. Furthermore, option D has an equal 50/50 split, implying that art and science are equally important, which is not the case.

**10. 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.

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# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://arkansasesthetician.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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