

# ARKANSAS ESTHETICIAN PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://arkansasesthetician.examzify.com>



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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. What is the main nerve branch for the lower 1/3 of the face?**
  - A. Maxillary branch
  - B. Mandibular branch
  - C. Internal carotid artery
  - D. Leucocytes
- 2. Esthetic licenses expire:**
  - A. Annually on your birthday
  - B. Biannually on your birthday
  - C. Every five years on the date of issue
  - D. Every year at the end of the month
- 3. What are mast cells not associated with?**
  - A. Strengthening the skin
  - B. Forming joints
  - C. Acting as a receptor of sensation
  - D. Insulating the body
- 4. What is the function of the Buccinator muscle?**
  - A. Moves the mouth up and back
  - B. Wrinkles the nose
  - C. Compresses cheeks to release air outwardly
  - D. Closes the jaw
- 5. What is the stratum germinativum also known as?**
  - A. Basal or basement level
  - B. Outermost level
  - C. Second layer
  - D. Subcutaneous level
- 6. What does Hirsutism affect women by causing?**
  - A. Light hair growth on the scalp
  - B. Dark hair to grow in typically male areas
  - C. Reduction of hair growth
  - D. Increase in scalp hair density

**7. What is the seventh nerve and primary motor nerve of the face?**

- A. Facial nerve
- B. Temporal
- C. Cervical
- D. Zygomatic nerve

**8. What effect does dimethicone copolyol have in sunscreens?**

- A. Increases effectiveness of preservatives
- B. Makes products feel soft
- C. Increases product density
- D. Provides a silky feel

**9. What defines Actinic keratosis?**

- A. Causes a mild ketatolytic action
- B. Pearly, domed shaped nodules
- C. Common premalignant growth, irregular in shape, scaly, red-pink, feels rough
- D. Acute burning, itching rash

**10. Verruca is another name for what?**

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

## **Answers**

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

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## **Explanations**

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### 1. What is the main nerve branch for the lower 1/3 of the face?

- A. Maxillary branch
- B. Mandibular branch**
- C. Internal carotid artery
- D. Leucocytes

The maxillary branch, or V2, provides sensory innervation to the midface and does not include the lower third of the face. Similarly, the internal carotid artery does not provide innervation. Leucocytes are a type of white blood cell and have no relation to nerve branches. The correct answer is the mandibular branch, or V3, which is responsible for sensory and motor innervation of the lower 1/3 of the face. It also supplies motor fibers to the muscles of mastication. This branch emerges from the brainstem at the level of the trigeminal ganglion and splits into three main divisions the temporal, lingual, and inferior alveolar nerves. The lingual nerve provides sensation to the anterior two-thirds of the tongue, while the inferior alveolar nerve supplies sensation to the lower teeth and chin. Overall, it is the mandibular branch that is responsible for sensation in the lower 1/3 of the face, making it the correct answer to this question.

### 2. Esthetic licenses expire:

- A. Annually on your birthday
- B. Biannually on your birthday**
- C. Every five years on the date of issue
- D. Every year at the end of the month

Esthetic licenses expire biannually on your birthday. This means that the license will expire every two years on the holder's birthday. Option A is incorrect as it states the expiration is annually, which means every year instead of every two years. Option C is incorrect as it states that the license expires every five years, which is incorrect as it expires every two years. Option D is incorrect as it states that the license expires at the end of every month, which is not specific or accurate compared to the correct answer of biannually on the holder's birthday.

### 3. What are mast cells not associated with?

- A. Strengthening the skin
- B. Forming joints
- C. Acting as a receptor of sensation**
- D. Insulating the body

Mast cells are a type of white blood cell that are mainly associated with the immune system and inflammatory responses. They contain granules filled with histamine and other substances that can cause allergies and inflammation. As such, they are not involved in strengthening the skin or forming joints, which are both functions of connective tissue. They also do not play a role in insulating the body, which is the job of adipose tissue. While they can respond to certain sensations, such as pain and itchiness, mast cells themselves are not specialized to act as receptors of sensation.

#### 4. What is the function of the Buccinator muscle?

- A. Moves the mouth up and back
- B. Wrinkles the nose
- C. Compresses cheeks to release air outwardly**
- D. Closes the jaw

*The Buccinator muscle plays a crucial role in facial expression and functional activities such as chewing. Its primary function is to compress the cheeks against the teeth, which is vital for holding food in place while chewing and for expelling air when blowing. This muscle acts like a kind of natural barrier, preventing food from escaping into the vestibule of the mouth during mastication. The ability to compress the cheeks also contributes to actions such as whistling and playing wind instruments, highlighting its importance in oral functions and communication. While the other options mention movements related to facial expression or jaw function, they do not accurately capture the specific role of the Buccinator muscle. Specifically, it does not move the mouth upward or backward, wrinkle the nose, or close the jaw, which are functions attributed to different muscles in the face and jaw. Thus, the function of the Buccinator muscle is indeed best described by its ability to compress the cheeks to aid in various oral activities.*

#### 5. What is the stratum germinativum also known as?

- A. Basal or basement level**
- B. Outermost level
- C. Second layer
- D. Subcutaneous level

*The stratum germinativum is the innermost layer of the epidermis, also referred to as the basal or basement level. The other options are incorrect because they either refer to layers in the dermis (outermost level and subcutaneous level) or do not accurately describe the location of the stratum germinativum (second layer).*

#### 6. What does Hirsutism affect women by causing?

- A. Light hair growth on the scalp
- B. Dark hair to grow in typically male areas**
- C. Reduction of hair growth
- D. Increase in scalp hair density

*Hirsutism is a condition that causes excess hair growth in women in areas that are typically seen as more common for men, such as the face, chest, and back. This is due to an increase in androgen hormones, which are usually found in higher levels in males. While options A and C may seem like possible effects, it is actually the opposite - hirsutism typically causes darker, coarser hair growth in these areas. Option D is also incorrect as hirsutism does not affect scalp hair density. Therefore, the best answer is B, as hirsutism affects women by causing dark hair to grow in typically male areas.*

## 7. What is the seventh nerve and primary motor nerve of the face?

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

*The seventh nerve and primary motor nerve of the face is the facial nerve. This nerve controls the facial muscles that are involved in expressing emotion, chewing, and speaking. Temporal and cervical nerves are not specifically associated with the face, while the zygomatic nerve is responsible for sensation in the cheek area but not for motor function. Therefore, A is the most correct answer.*

## 8. What effect does dimethicone copolyol have in sunscreens?

- A. Increases effectiveness of preservatives
- B. Makes products feel soft**
- C. Increases product density
- D. Provides a silky feel

*Dimethicone copolyol is a type of silicone used in various cosmetic formulations, including sunscreens. It is particularly valued for its ability to enhance the sensory feel of products. When included in sunscreens, it lends a smooth and luxurious texture, making the formulation feel softer and more comfortable on the skin. This sensory benefit is crucial for user experience, as individuals typically prefer products that glide on easily and feel pleasant during application. Additionally, the other options, while they may seem relevant, do not directly relate to the primary function of dimethicone copolyol in sunscreens. For instance, increasing the effectiveness of preservatives is not a known characteristic of this ingredient. Likewise, while it may influence density to some extent, the main purpose of dimethicone copolyol is more closely aligned with improving the soft, silky feel and overall user experience in formulation.*

## 9. What defines Actinic keratosis?

- A. Causes a mild ketatolytic action
- B. Pearly, domed shaped nodules
- C. Common premalignant growth, irregular in shape, scaly, red-pink, feels rough**
- D. Acute burning, itching rash

*Actinic keratosis is a common premalignant growth on the skin that is characterized by its irregular shape, scaly texture, and red-pink color. It may also feel rough to the touch. This distinguishes it from the other options, as they do not accurately describe the defining characteristics of actinic keratosis. A does not mention any specific characteristics of actinic keratosis, B describes a pearly, domed shape which is not typical of actinic keratosis, and D mentions acute burning and itching which are not common symptoms of actinic keratosis. Therefore, C is the only option that accurately describes the defining features of actinic keratosis.*

## 10. 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.*

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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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