

Chicago Master Esthetician Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Questions

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- 1. What is the medical term for dry skin?**
 - A. Asteatosis**
 - B. Dermatitis**
 - C. Psoriasis**
 - D. Hypopigmentation**

- 2. Which condition is identified as an autoimmune disease involving the rapid desquamation of the skin?**
 - A. Psoriasis**
 - B. Dermatitis**
 - C. Eczema**
 - D. Rosacea**

- 3. What is the primary role of the thyroid gland?**
 - A. Regulating blood pressure**
 - B. Regulating metabolism**
 - C. Regulating heart rate**
 - D. Regulating immune response**

- 4. What role does the thymus gland play in the body?**
 - A. It filters toxins from the bloodstream**
 - B. It signals the development of the immune system in young people**
 - C. It regulates metabolism**
 - D. It produces adrenaline**

- 5. Who is advised not to receive high frequency treatments?**
 - A. People with minor skin infections**
 - B. People with pacemakers or metal implants**
 - C. People with dry skin**
 - D. People with high blood pressure**

- 6. Emulsion cleansers or cleaning milks do not typically what?**
- A. Foam**
 - B. Hydrate the skin**
 - C. Remove makeup**
 - D. Exfoliate dead skin cells**
- 7. What is the medical term for a wrinkle?**
- A. Rhytide**
 - B. Dermatitis**
 - C. Lentigo**
 - D. Atrophy**
- 8. In which layer of the skin is adipose tissue primarily located?**
- A. Dermis**
 - B. Subcutaneous**
 - C. Epidermis**
 - D. Basal layer**
- 9. What device is used to convert Alternating Current (AC) to Direct Current (DC)?**
- A. Transformer**
 - B. Converter**
 - C. Rectifier**
 - D. Inverter**
- 10. Which massage movement is considered the most stimulating?**
- A. Petrissage**
 - B. Friction**
 - C. Effleurage**
 - D. Tapping**

Answers

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

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Explanations

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1. What is the medical term for dry skin?

- A. Asteatosis**
- B. Dermatitis**
- C. Psoriasis**
- D. Hypopigmentation**

The medical term for dry skin is asteatosis. This condition is characterized by an insufficient amount of natural oils in the skin, which leads to dryness, flaking, and itching. Asteatosis can be further aggravated by factors such as cold weather, low humidity, and the use of harsh soaps or skincare products that strip the skin of its natural moisture barrier. Understanding asteatosis is particularly important for estheticians, as it can inform treatment choices and product recommendations aimed at restoring moisture and barrier function in the skin. This term is distinct from the other options provided, which refer to different skin conditions that involve inflammation, excessive skin cell production, or changes in pigmentation, but do not specifically denote dryness.

2. Which condition is identified as an autoimmune disease involving the rapid desquamation of the skin?

- A. Psoriasis**
- B. Dermatitis**
- C. Eczema**
- D. Rosacea**

Psoriasis is the condition identified as an autoimmune disease that involves rapid desquamation, or shedding, of the skin. This chronic condition is characterized by the immune system mistakenly attacking healthy skin cells, leading to accelerated growth and an accumulation of cells on the skin's surface. This results in the formation of thick, red, scaly patches that can be itchy and uncomfortable. The process of desquamation is significantly expedited in psoriasis compared to normal skin renewal processes, making it a defining feature of the condition. Other options like dermatitis, eczema, and rosacea are different types of skin conditions that do not share the same autoimmune characteristics or the rapid shedding feature typical of psoriasis. Dermatitis and eczema are generally inflammatory responses, often due to allergens or irritants, and do not involve the same autoimmune processes. Rosacea is primarily related to vascular issues and does not present as rapid skin desquamation either. Understanding these distinctions helps clarify why psoriasis is the correct answer in this context.

3. What is the primary role of the thyroid gland?

- A. Regulating blood pressure
- B. Regulating metabolism**
- C. Regulating heart rate
- D. Regulating immune response

The primary role of the thyroid gland is to regulate metabolism. It achieves this through the production of hormones, mainly thyroxine (T4) and triiodothyronine (T3), which influence how the body utilizes energy. These hormones play a vital role in controlling the metabolic rate, affecting various bodily functions such as growth, energy levels, and the rate at which the body burns calories. A well-functioning thyroid is crucial for maintaining overall metabolic health, which directly impacts weight, energy levels, and even mood. While blood pressure, heart rate, and immune response are influenced by various hormones and glands, these are not the primary functions of the thyroid. For instance, blood pressure regulation is predominantly the role of the kidneys and adrenal glands, while the heart rate is regulated by the autonomic nervous system and hormones like adrenaline. The immune response is largely managed by the lymphatic system and specific immune cells, rather than by the thyroid. Thus, the focus on metabolism distinctly highlights the thyroid's essential function in the endocrine system.

4. What role does the thymus gland play in the body?

- A. It filters toxins from the bloodstream
- B. It signals the development of the immune system in young people**
- C. It regulates metabolism
- D. It produces adrenaline

The thymus gland is critical for the development of the immune system, especially during the early stages of life. It is responsible for the maturation of T-lymphocytes, a type of white blood cell that plays a vital role in the immune response. As children grow, the thymus gland helps program these T-cells to recognize and attack pathogens, contributing to the development of a robust immune defense. Its function is particularly significant during childhood and adolescence when the body is developing its immune system to protect against various diseases. In contrast, the other options refer to functions that are not associated with the thymus. The filtering of toxins from the bloodstream is primarily a function of the liver and kidneys. Metabolism regulation is chiefly managed by the thyroid, pancreas, and adrenal glands. The production of adrenaline is the job of the adrenal glands, not the thymus. Understanding the unique role of the thymus helps to appreciate how it supports the immune system's development and function.

5. Who is advised not to receive high frequency treatments?

- A. People with minor skin infections**
- B. People with pacemakers or metal implants**
- C. People with dry skin**
- D. People with high blood pressure**

High frequency treatments, which utilize oscillating electrical currents to promote healing and improve skin conditions, are contraindicated for individuals with pacemakers or metal implants. This group is advised against such treatments because the electrical currents can interfere with the functioning of medical devices like pacemakers, potentially causing harmful effects. The presence of metal implants can also pose risks due to the possibility of the electrical current passing through the metal, leading to unintended consequences. Therefore, ensuring the safety of clients with these medical devices is essential in esthetic practices. Other conditions, while they may require caution, do not present the same level of risk as the presence of pacemakers or metal implants does in relation to high frequency treatments.

6. Emulsion cleansers or cleaning milks do not typically what?

- A. Foam**
- B. Hydrate the skin**
- C. Remove makeup**
- D. Exfoliate dead skin cells**

Emulsion cleansers, also known as cleansing milks, are formulated to provide a gentle and soothing way to cleanse the skin, primarily by utilizing oils and water. Unlike foaming cleansers, which often contain surfactants that create bubbles, emulsion cleansers maintain a creamy or milky consistency. This formulation allows them to effectively hydrate the skin while removing dirt and makeup without stripping natural oils. The primary characteristic distinguishing emulsion cleansers is their lack of foaming action, which makes them suitable for dry or sensitive skin types that may react negatively to the harsher cleansing agents found in foaming products. Instead of producing foam, these cleansers work by emulsifying with the oils and impurities on the skin's surface, allowing for effective removal without the need for a lather. In contrast, emulsion cleansers are indeed hydrating, can effectively remove makeup, and some are formulated to gently exfoliate dead skin cells, although exfoliation isn't their main purpose. This unique formulation makes them an excellent choice for those seeking a mild and moisturizing cleansing routine.

7. What is the medical term for a wrinkle?

- A. Rhytide**
- B. Dermatitis**
- C. Lentigo**
- D. Atrophy**

The medical term for a wrinkle is "rhytide." This term is derived from the Greek word "rhytis," which means wrinkle or fold. In the context of skin physiology and dermatology, rhytides refer specifically to the signs of aging in the skin that manifest as lines or creases. Wrinkles can occur due to a combination of factors, including loss of collagen and elastin, repetitive facial movements, sun exposure, and decreased moisture retention in the skin. In contrast, dermatitis refers to inflammation of the skin that can manifest as rashes or irritation rather than wrinkles. Lentigo refers to flat, brown lesions on the skin caused by sun exposure, commonly known as age spots or liver spots, which are also not wrinkles. Atrophy refers to a decrease in the size or wasting away of a body part or tissue, which may lead to thinner skin but does not specifically denote wrinkles. Thus, understanding that "rhytide" denotes the specific condition of wrinkling helps differentiate it from these other terms, each of which describes distinct skin conditions or changes.

8. In which layer of the skin is adipose tissue primarily located?

- A. Dermis**
- B. Subcutaneous**
- C. Epidermis**
- D. Basal layer**

Adipose tissue, which is essentially fat, is primarily located in the subcutaneous layer of the skin. This layer, also known as the hypodermis, serves as a cushion for the body, insulating it against temperature extremes and providing energy reserves. The presence of adipose tissue is crucial for various functions such as protection of underlying structures, aiding in thermoregulation, and serving as a site for metabolic activity. The dermis, on the other hand, is situated above the subcutaneous layer and contains connective tissue, blood vessels, and nerve endings but does not contain significant amounts of fat. The epidermis is the outermost layer of skin, primarily composed of keratinocytes, and lacks blood vessels and fatty tissue entirely. The basal layer, which is the deepest part of the epidermis, is involved in the process of cell regeneration but, like the epidermis, does not contain adipose tissue. Therefore, identifying the subcutaneous layer as the primary location of adipose tissue allows for a deeper understanding of skin structure and function.

9. What device is used to convert Alternating Current (AC) to Direct Current (DC)?

- A. Transformer**
- B. Converter**
- C. Rectifier**
- D. Inverter**

The device that is used to convert Alternating Current (AC) to Direct Current (DC) is called a rectifier. Rectifiers are essential in a variety of electronic applications, particularly in situations where devices or circuits require a stable DC voltage to operate effectively. AC is an electric current that reverses its direction periodically, whereas DC flows in a single direction. The rectification process involves using components such as diodes, which allow current to flow in only one direction, effectively blocking the reverse flow and resulting in a unidirectional output. This process smooths the AC input so that it can be used in devices that require DC for operation, such as in battery charging, power supplies, and certain types of electronic equipment. The other options include devices that serve different functions: a transformer changes voltage levels of AC but does not convert AC to DC; a converter is a more general term that can refer to devices that change electrical signals but does not specifically denote the function of converting AC to DC; and an inverter changes DC back to AC. Hence, the rectifier is specifically designed for the conversion of accumulated AC into usable DC power.

10. Which massage movement is considered the most stimulating?

- A. Petrissage**
- B. Friction**
- C. Effleurage**
- D. Tapping**

Friction is the correct answer because it involves vigorous movements that create heat and stimulate circulation. This massage technique involves rubbing or circular movements that affect the skin and underlying tissues, enhancing blood flow and promoting muscle relaxation. The intensity of friction makes it particularly effective at invigorating the skin and muscles, making it a stimulating choice compared to other massage techniques. In contrast, petrissage involves kneading movements that are more focused on muscle relaxation and releasing tension but may not be as stimulating as friction. Effleurage is a gentle, gliding movement primarily used to warm up the muscles and promote relaxation rather than stimulate. Tapping, while it can be invigorating, is typically less intense and does not affect deeper tissues in the same way that friction does. Thus, friction stands out as the most stimulating massage movement on the list.