

Chicago Master Esthetician Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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1. What can form after trauma or injury to the skin?

- A. Frostbite**
- B. Blisters**
- C. Fungal infections**
- D. Keloid scars**

2. What is the primary purpose of body wraps?

- A. Moisturizing the skin**
- B. Detoxifying the body**
- C. Reducing cellulite**
- D. Enhancing skin elasticity**

3. What skin condition is commonly treated with desincrustation?

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

4. Which of the following describes how to properly prepare the skin for waxing?

- A. Applying a thick layer of lotion**
- B. Using an exfoliant beforehand**
- C. Cleaning the skin thoroughly**
- D. Shaving the area first**

5. Which of the following is an example of a disinfectant used in esthetics?

- A. Chlorine bleach**
- B. Isopropyl alcohol**
- C. Hydrogen peroxide**
- D. All of the above**

6. What skin care treatment method enhances the penetration of products?

- A. Microneedling**
- B. Hydrafacial**
- C. Desincrustation**
- D. Steam therapy**

7. Which substance is commonly used as a skin exfoliant in esthetic practices?

- A. Salicylic acid**
- B. Glycolic acid**
- C. Lactic acid**
- D. All of the above**

8. What hormonal imbalance is most commonly responsible for acne and hirsutism in women?

- A. Estrogen**
- B. Progesterone**
- C. Androgen**
- D. Testosterone**

9. What type of electrical current is described as high frequency?

- A. Direct current**
- B. Alternating current**
- C. Static current**
- D. Microcurrent**

10. What substance do sebaceous glands produce?

- A. Collagen**
- B. Keratin**
- C. Sebum**
- D. Melanin**

Answers

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

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Explanations

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1. What can form after trauma or injury to the skin?

- A. Frostbite**
- B. Blisters**
- C. Fungal infections**
- D. Keloid scars**

Keloid scars are a unique form of scar tissue that develops after trauma or injury to the skin. When the skin is injured, the body initiates a healing process, which involves the production of collagen. In some individuals, this healing process can go awry, leading to an overproduction of collagen. The result is a keloid, which is characterized by its raised, thickened appearance that extends beyond the original boundaries of the wound.

Keloids can occur in various locations on the body and are often more prominent in certain skin types and tones. The formation of keloids is also influenced by genetics, meaning some people are more predisposed to developing them than others. Blisters can also form after skin trauma, but they are typically temporary fluid-filled sacs that develop in response to friction, burns, or other injuries, and they typically resolve on their own without leaving a lasting mark. Other conditions, such as frostbite and fungal infections, result from different mechanisms entirely and do not specifically relate to the scarring process following skin trauma.

2. What is the primary purpose of body wraps?

- A. Moisturizing the skin**
- B. Detoxifying the body**
- C. Reducing cellulite**
- D. Enhancing skin elasticity**

The primary purpose of body wraps is often associated with detoxifying the body. Body wraps typically involve the application of various ingredients like clay, seaweed, or herbal extracts, which are believed to help draw out toxins and impurities from the skin and the underlying tissues. This process can promote improved circulation and skin health. While moisturizing the skin, reducing cellulite, and enhancing skin elasticity can also be benefits associated with body wraps, they are not regarded as the primary purpose. The core aim of detoxification aligns more closely with the various claims made about how body wraps help cleanse and rejuvenate the body, making option B the most accurate choice in this context.

3. What skin condition is commonly treated with desincrustation?

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

Desincrustation is a treatment method primarily used to cleanse the skin and help remove excess oil and impurities from the pores, making it particularly effective for treating acne. This process involves the use of a galvanic machine that emits a low-level current, which helps to soften and break down sebum and keratin buildup within clogged pores. As a result, this treatment can lead to a clearer complexion by reducing the formation of new comedones (clogged pores) and aiding in the extraction of existing blemishes. While psoriasis, eczema, and rosacea are also skin conditions that require specific care, they do not typically benefit from desincrustation. Psoriasis and eczema are inflammatory skin disorders that are better managed with topical treatments and lifestyle changes rather than mechanical procedures designed for oily skin. Rosacea, characterized by redness and visible blood vessels, also requires a more gentle approach and is often treated with specific medications or soothing skin care products rather than techniques that may irritate the skin further. Thus, desincrustation is most closely associated with the management of acne.

4. Which of the following describes how to properly prepare the skin for waxing?

- A. Applying a thick layer of lotion**
- B. Using an exfoliant beforehand**
- C. Cleaning the skin thoroughly**
- D. Shaving the area first**

Cleaning the skin thoroughly is essential for preparing the skin for waxing because it removes dirt, oils, and any other residues that could interfere with the waxing process. When the skin is clean, the wax can adhere better to the hair, resulting in a more efficient hair removal procedure. Additionally, cleaning the skin helps to minimize the risk of irritation or infection that could occur if bacteria or impurities are present during the waxing. While using an exfoliant beforehand may seem beneficial, it can actually irritate the skin if done too close to the waxing appointment. Applying a thick layer of lotion might create a barrier that prevents the wax from adhering properly. Shaving the area first is not advisable as it can lead to uneven hair lengths and may cause discomfort during waxing. Thus, thorough cleaning is the most appropriate method for ensuring that the skin is ready for waxing.

5. Which of the following is an example of a disinfectant used in esthetics?

- A. Chlorine bleach**
- B. Isopropyl alcohol**
- C. Hydrogen peroxide**
- D. All of the above**

The correct answer is that all of the listed substances—chlorine bleach, isopropyl alcohol, and hydrogen peroxide—are examples of disinfectants used in esthetics. Each of these agents serves as an effective disinfectant due to their ability to kill bacteria, viruses, and fungi on surfaces. Chlorine bleach works primarily through its active ingredient, sodium hypochlorite, which provides broad-spectrum antimicrobial properties and is commonly used for cleaning and disinfecting tools and surfaces in various industries, including esthetics. Isopropyl alcohol is widely recognized for its use as a disinfectant due to its ability to denature proteins and disrupt cell membranes of microorganisms. It is typically used in concentrations of 70% for maximum efficacy and is commonly found in sanitizers and cleaning solutions used in esthetic practices. Hydrogen peroxide is another effective disinfectant and antiseptic. It works by releasing oxygen when it comes into contact with tissues or surfaces, creating an inhospitable environment for pathogens. It can also be used to disinfect tools and surfaces. Understanding the roles of these disinfectants is important for maintaining hygiene and preventing the spread of infections in esthetic settings. Each option is valid, making the answer inclusive of all three substances as effective disinfectants.

6. What skin care treatment method enhances the penetration of products?

- A. Microneedling**
- B. Hydrafacial**
- C. Desincrustation**
- D. Steam therapy**

Desincrustation is a skin care treatment method that specifically enhances the penetration of products. This technique typically involves using an alkaline solution to dissolve sebum and debris from the skin. By doing so, it effectively prepares the skin for subsequent treatments and product application. The removal of buildup on the skin's surface allows active ingredients in products to penetrate more deeply and effectively into the skin. Microneedling, while it does create tiny channels in the skin to help products penetrate, is more focused on inducing a healing process and collagen production rather than solely enhancing product absorption. Hydrafacial combines cleansing, exfoliation, and hydration but its primary purpose is not just to enhance penetration; it's more about giving the skin an overall treatment. Steam therapy helps to open up the pores and soften the skin, making it easier for products to be applied, but it does not specifically enhance product penetration like desincrustation does. Understanding the unique purposes of each treatment method is vital for effective skin care practices.

7. Which substance is commonly used as a skin exfoliant in esthetic practices?

- A. Salicylic acid**
- B. Glycolic acid**
- C. Lactic acid**
- D. All of the above**

Exfoliation is a vital part of skin care that helps to remove dead skin cells, improve skin texture, and enhance the overall appearance of the skin. In esthetic practices, several substances are commonly used for exfoliation, all of which have different properties and benefits. Salicylic acid is a beta hydroxy acid (BHA) that penetrates deeper into the pores, making it particularly effective for oily and acne-prone skin. It not only exfoliates the surface layer of dead skin cells but also helps to reduce inflammation and clear clogged pores. Glycolic acid, on the other hand, is an alpha hydroxy acid (AHA) derived from sugar cane. It is known for its small molecular size, which allows it to penetrate the skin easily. Glycolic acid is effective for surface exfoliation and is often used to improve skin texture, reduce fine lines, and brighten the complexion. Lactic acid, another AHA, is derived from milk and is known for its gentle exfoliating properties. It is particularly suitable for sensitive skin types and aids in hydration while also removing dead skin cells. Lactic acid helps to brighten the skin and improve its overall glow. Since all three substances—salicylic acid,

8. What hormonal imbalance is most commonly responsible for acne and hirsutism in women?

- A. Estrogen**
- B. Progesterone**
- C. Androgen**
- D. Testosterone**

The hormonal imbalance most commonly responsible for acne and hirsutism in women is androgens. Androgens are a group of hormones that play a role in male traits and reproductive activity, but they are also present in females in lower amounts. An increase in androgen levels can lead to an overproduction of sebum (skin oil) and cause acne. Additionally, androgens can stimulate hair follicles in certain areas of the body, leading to hirsutism, which is characterized by excessive hair growth in areas where men typically grow hair, such as the face, chest, and back. While testosterone, which is a type of androgen, is specifically linked to these conditions, it is classified as an androgen alongside other hormones like dehydroepiandrosterone (DHEA). Thus, referring to the broader category of androgens encompasses the overall hormonal imbalance that contributes to both acne and hirsutism in women. The levels of estrogen and progesterone typically do not have the same direct impact on the development of these conditions, making androgens the most relevant factor in this context.

9. What type of electrical current is described as high frequency?

- A. Direct current
- B. Alternating current**
- C. Static current
- D. Microcurrent

High frequency refers to alternating current, which oscillates at a specific rate to produce electrical waves. In the context of esthetics, high frequency treatments involve this alternating current, which is commonly used for facial treatments, including acne treatments and skin rejuvenation. The oscillation of the current can create thermal and ionic effects, often leading to improved skin health by stimulating the tissues, increasing circulation, and promoting better absorption of skin care products. Direct current, on the other hand, flows in one direction and does not have the oscillatory nature that defines high frequency. Static current is not typically used in esthetic treatments and refers more to a build-up of electrical charge. Microcurrent refers to a very low level of electrical current used in cosmetic applications, but it is not classified as high frequency. Therefore, alternating current is the appropriate choice when discussing high-frequency electrical treatments in esthetic practices.

10. What substance do sebaceous glands produce?

- A. Collagen
- B. Keratin
- C. Sebum**
- D. Melanin

Sebaceous glands are specialized glands in the skin that are responsible for producing sebum, an oily substance. Sebum plays a crucial role in maintaining skin health by providing moisture, reducing water loss, and protecting the skin from microbial infection. It acts as a natural lubricant and helps to keep the skin soft and supple. Collagen, keratin, and melanin are important substances found in the skin but are produced by different mechanisms and cells. Collagen is a protein that provides strength and structure to the skin, mainly produced by fibroblasts. Keratin is a fibrous protein found in the outer layer of the skin, produced by keratinocytes, and is essential for the protective barrier function. Melanin, the pigment responsible for skin color, is produced by melanocytes and protects against UV radiation. Understanding the specific roles of these substances and the glands that produce them highlights the importance of sebum in overall skin health, making it the correct answer in this context.

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.

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

<https://chicagomasteresthetician.examzify.com>

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

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