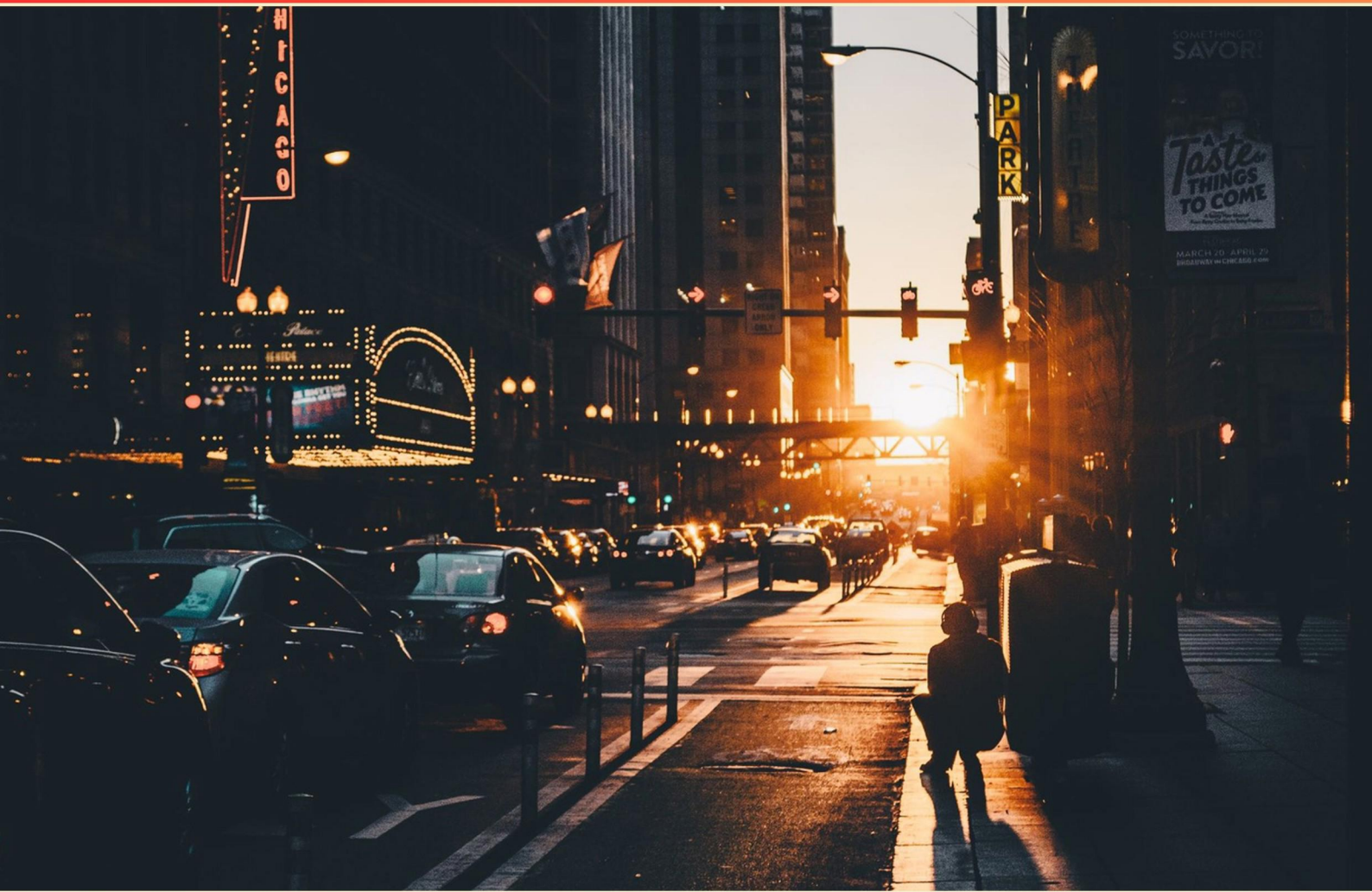


CHICAGO MASTER ESTHETICIAN PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://chicagomasteresthetician.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. Which skin layer contains sweat glands and hair follicles?**
 - A. Subcutaneous
 - B. Dermis
 - C. Epidermis
 - D. Hypodermis
- 2. What treatment uses electrical currents for skin rejuvenation?**
 - A. Microdermabrasion
 - B. Fulguration
 - C. Laser therapy
 - D. Light therapy
- 3. What condition is characterized by a lack of pigment in the skin, resulting in white patches?**
 - A. Psoriasis
 - B. Vitiligo
 - C. Eczema
 - D. Dermatitis
- 4. What type of skin condition is acne classified as?**
 - A. Infection
 - B. Inflammatory
 - C. Genetic
 - D. Autoimmune
- 5. Which layer of skin contains sweat glands?**
 - A. Stratum corneum
 - B. Dermis
 - C. Hypodermis
 - D. Stratum basale
- 6. What is Lupus?**
 - A. An autoimmune disease
 - B. A type of skin infection
 - C. A chronic inflammatory disease
 - D. A viral infection

7. What percentage of blood is composed of water?

- A. 60%
- B. 70%
- C. 80%
- D. 90%

8. When a thermal mask cools, what effect does it have on the skin?

- A. It promotes inflammation
- B. It causes dryness
- C. It tightens and tones the skin
- D. It increases pore size

9. Microderm crystals are primarily known to contain aluminum oxide, corundum, and which other ingredient?

- A. Salt
- B. Silica
- C. Sugar
- D. Calcium

10. What skin condition is characterized by dry and flaky skin?

- A. Eczema
- B. Psoriasis
- C. Ichthyosis
- D. Dermatitis

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which skin layer contains sweat glands and hair follicles?

- A. Subcutaneous
- B. Dermis**
- C. Epidermis
- D. Hypodermis

The dermis is the skin layer that contains sweat glands and hair follicles, making it essential for various functions related to skin health and thermoregulation. This layer is located beneath the epidermis and is much thicker, providing structural support and nourishment to the skin. Within the dermis, you find a rich network of blood vessels, connective tissues, and fibers that give skin its strength and elasticity. Sweat glands located in the dermis play a crucial role in regulating body temperature through the process of sweating. Hair follicles, also found in this layer, are responsible for hair growth and contribute to the sensory function of the skin, as they are associated with nerve endings. The epidermis, while important for protection and barrier functions, does not contain these structures. The subcutaneous layer, or hypodermis, lies beneath the dermis and is primarily composed of fat and connective tissue, serving as insulation and cushioning for the body. Hence, the dermis is the correct answer as it directly houses the sweat glands and hair follicles that perform vital functions in skin health and maintenance.

2. What treatment uses electrical currents for skin rejuvenation?

- A. Microdermabrasion
- B. Fulguration**
- C. Laser therapy
- D. Light therapy

Fulguration is a treatment that utilizes high-frequency electrical currents to promote skin rejuvenation. This method, often used for various skin issues, allows the currents to pass through the skin, stimulating cellular activity and promoting healing processes. By targeting specific skin conditions, fulguration can help reduce the appearance of fine lines, improve skin texture, and enhance overall skin vitality. Microdermabrasion, on the other hand, involves physically exfoliating the skin's surface using fine crystals or a diamond-tipped wand, which does not use electrical currents. Laser therapy uses focused light beams to target deeper layers of the skin, and while it is effective for various skin concerns, it utilizes light energy rather than electrical currents. Light therapy employs different light wavelengths to treat skin issues, but again, it does not involve the application of electrical currents for rejuvenation. Thus, fulguration is distinguished by its use of electrical currents, making it the correct choice for a treatment specifically associated with skin rejuvenation through this method.

3. What condition is characterized by a lack of pigment in the skin, resulting in white patches?

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

Vitiligo is the condition characterized by a lack of pigment in the skin, leading to the formation of white patches. This occurs when melanocytes, the cells responsible for producing melanin (the pigment that gives skin its color), are destroyed or become nonfunctional. The result is a noticeable contrast between the affected areas and the surrounding skin, which can vary in size and location. Understanding vitiligo is essential, especially in esthetics, as it impacts the client's skin tone and can influence their treatment options and product selections. While psoriasis, eczema, and dermatitis involve inflammation and may cause discoloration, they do not specifically result in the loss of pigment as vitiligo does. Each of these conditions has different characteristics and symptoms, but they primarily relate to inflammation rather than the pigmentation loss that defines vitiligo.

4. What type of skin condition is acne classified as?

- A. Infection
- B. Inflammatory**
- C. Genetic
- D. Autoimmune

Acne is classified as an inflammatory skin condition due to the presence of inflammation in the affected areas. It occurs when hair follicles become clogged with oil, dead skin cells, and bacteria, leading to swelling and redness, which are indicators of inflammation. The inflammatory response is a natural defense mechanism, but in the case of acne, it can result in various lesions such as pimples, cysts, and nodules. This classification highlights the underlying processes that contribute to the condition, including hormonal fluctuations, which can increase oil production, as well as the body's immune response to bacterial overgrowth in the follicles. Recognizing acne as an inflammatory condition is critical for effective treatment, as it guides estheticians and dermatologists in choosing therapies that not only target bacteria or blockages but also reduce inflammation and promote healing of the skin. Other classifications, such as infection, genetic, and autoimmune, do not fully encompass the nature of acne. While acne can sometimes appear infected, its main characteristic is inflammation rather than infection. Genetic factors may predispose individuals to acne, but they are not the direct cause. Autoimmune conditions involve the immune system mistakenly attacking the body's own tissues, which does not describe the mechanism behind acne. Thus, labeling acne as an inflammatory condition

5. Which layer of skin contains sweat glands?

- A. Stratum corneum
- B. Dermis**
- C. Hypodermis
- D. Stratum basale

The dermis is the layer of skin where sweat glands are located. It sits beneath the epidermis (the outer layer) and is composed of connective tissue, blood vessels, and various structures, including hair follicles, sebaceous (oil) glands, and sweat glands. Sweat glands are essential for regulating body temperature and maintaining homeostasis through the production of sweat, which helps cool the body when it evaporates from the skin's surface. The stratum corneum is the outermost layer of the epidermis, mainly composed of dead skin cells and devoid of any glands. The hypodermis, or subcutaneous layer, lies beneath the dermis and primarily consists of fat and connective tissue, serving as insulation and cushioning for the body. The stratum basale is the deepest layer of the epidermis, where cell division occurs, but it also does not contain sweat glands. Therefore, the dermis is the only layer among the options given that specifically houses sweat glands.

6. What is Lupus?

- A. An autoimmune disease**
- B. A type of skin infection
- C. A chronic inflammatory disease
- D. A viral infection

Lupus is primarily classified as an autoimmune disease, which means that it occurs when the body's immune system mistakenly attacks healthy tissue. This condition can affect various systems in the body, including the skin, joints, kidneys, and other organs, leading to a range of symptoms that can be both acute and chronic. In lupus, the immune response becomes dysregulated, producing autoantibodies that target the body's own cells, resulting in inflammation and damage. This immune system malfunction is a hallmark of autoimmune diseases and distinguishes lupus from other types of medical conditions such as infections or inflammatory diseases that do not originate from the immune system's misbehavior. Although lupus can cause skin manifestations and inflammatory responses, these characteristics do not define it as a skin infection or merely a chronic inflammatory disease, and it is certainly not a viral infection. Hence, the classification of lupus as an autoimmune disease provides the most accurate understanding of its mechanisms and implications for treatment and management.

7. What percentage of blood is composed of water?

- A. 60%
- B. 70%
- C. 80%**
- D. 90%

The correct percentage of water in blood is approximately 90%. Blood is a complex fluid that consists of various components, including red blood cells, white blood cells, platelets, and plasma. Plasma, which makes up about 55% of total blood volume, is predominantly composed of water, accounting for around 90% of its volume. This high water content is crucial for maintaining blood viscosity, transporting nutrients and waste products, and regulating body temperature. Understanding the composition of blood and its water content is vital in fields like esthetics and healthcare, as it highlights the importance of hydration for overall skin and body health.

8. When a thermal mask cools, what effect does it have on the skin?

- A. It promotes inflammation
- B. It causes dryness
- C. It tightens and tones the skin**
- D. It increases pore size

When a thermal mask cools, it tightens and tones the skin due to several physiological responses. Initially, the heat from the mask opens up the pores and increases blood circulation, which can enhance the absorption of active ingredients in the mask. As the mask cools, it causes blood vessels to constrict, leading to a tightening effect on the skin. This cooling process can also stimulate the skin's natural elasticity and collagen production, contributing to a firmer appearance. Moreover, the cooling sensation can soothe the skin, reducing redness and promoting a healthier-looking complexion. While other options may present potential effects of various treatments, the cooling phase of a thermal mask specifically fosters a tightening and toning effect, making it beneficial in skin care routines aimed at enhancing skin firmness.

9. Microderm crystals are primarily known to contain aluminum oxide, corundum, and which other ingredient?

- A. Salt**
- B. Silica
- C. Sugar
- D. Calcium

Microdermabrasion crystals are primarily known for their effectiveness in exfoliating the skin, and one of the key ingredients that enhances their abrasive properties is silica. Silica is a common mineral that is widely used in various beauty treatments due to its ability to provide smooth and mild exfoliation. In microdermabrasion, it works alongside aluminum oxide (which is also known as corundum) to help remove dead skin cells and promote cell turnover. This combination of ingredients creates a skin-resurfacing treatment that can improve a variety of skin concerns, such as texture, fine lines, and overall appearance. In contrast, while salt, sugar, and calcium have their own uses in different skincare products, they are not typically components of microdermabrasion crystals. Salt and sugar, for instance, are more commonly found in body scrubs, and calcium does not serve the same exfoliating purpose as silica in this context. Therefore, recognizing that silica is a primary ingredient alongside aluminum oxide is important for understanding the formulation and effectiveness of microdermabrasion treatments.

10. What skin condition is characterized by dry and flaky skin?

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

Ichthyosis is a skin condition predominantly recognized for its characteristic dry and flaky skin, which can present as thickened patches and scaling. This condition is a result of an abnormality in the process of skin cell turnover, leading to the accumulation of dead skin cells on the surface. The name "ichthyosis" is derived from the Greek word for fish, reflecting the fish-like appearance of the scales that may occur in more severe cases. While other options also involve dry skin, ichthyosis specifically refers to a genetic condition that can vary in severity, and its defining feature is a pervasive and persistent dryness along with scaling, setting it apart from other skin disorders. For example, eczema and dermatitis are more associated with inflammation and itchiness, while psoriasis is characterized by red, raised patches covered with silvery scales. Understanding the unique features of ichthyosis helps practitioners identify and differentiate it from similar skin conditions accurately.

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!

SAMPLE