

CIDESCO BEAUTY THERAPY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 faradic current primarily used for?**
 - A. To power home appliances
 - B. In electrotherapy as interrupted direct current
 - C. For household wiring
 - D. To measure electrical resistance
- 2. What is an important precaution to take when conducting a facial massage?**
 - A. Always apply excessive pressure
 - B. Ensure the client is hydrated
 - C. Exclude the use of oils altogether
 - D. Use fast movements for maximum effectiveness
- 3. What is the main traditional use of face powder?**
 - A. To hide blemishes
 - B. To set the foundation
 - C. To highlight certain areas
 - D. To cover creases
- 4. What does anabolism refer to in metabolic processes?**
 - A. The breakdown of molecules
 - B. The building of molecules
 - C. The transportation of energy
 - D. The regulation of hormones
- 5. Thixotropy refers to a property of which type of substances?**
 - A. Crystalline solids
 - B. Certain gels or fluids
 - C. Homogenous mixtures
 - D. Aqueous solutions
- 6. What instrument measures electric current in amperes?**
 - A. Voltmeter
 - B. Rheostat
 - C. Ammeter
 - D. Capacitor

- 7. What is often a result of using the hair removal method known as shaving?**
- A. Thickening of hair
 - B. Hair growing back in a stubble
 - C. Permanent hair removal
 - D. Soft hair texture
- 8. What type of texture do many makeup foundations aim to achieve?**
- A. Rough
 - B. Silky
 - C. Oily
 - D. Sticky
- 9. Which part of the brain is primarily associated with memory?**
- A. The cerebellum
 - B. The cerebrum
 - C. The brainstem
 - D. The thalamus
- 10. What is the main purpose of a brush machine?**
- A. Soothe the skin
 - B. Increase blood circulation
 - C. Remove dead cells from the skin's surface
 - D. Produce heat

Answers

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

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Explanations

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1. What is faradic current primarily used for?

- A. To power home appliances
- B. In electrotherapy as interrupted direct current**
- C. For household wiring
- D. To measure electrical resistance

Faradic current is primarily used in electrotherapy, particularly for its ability to stimulate muscle contractions through interrupted direct current. This type of current is characterized by its periodic bursts, which can effectively mimic the natural signals sent by the nervous system to muscles, promoting activity and facilitating muscle rehabilitation. In beauty therapy, the application of faradic current is particularly significant in treatments aimed at toning and strengthening muscles, as well as improving circulation and enhancing lymphatic drainage. The controlled application of this current during therapy sessions allows for therapeutic benefits without the risk of causing harm, making it a vital tool in a beauty therapist's repertoire. The other options do not relate directly to the clinical applications of faradic current. For instance, powering home appliances or dealing with household wiring involves different types of electrical currents and systems that do not provide the therapeutic effects associated with faradic current in a beauty therapy context. Similarly, measuring electrical resistance is not directly relevant to the function and usage of faradic current in electrotherapy.

2. What is an important precaution to take when conducting a facial massage?

- A. Always apply excessive pressure
- B. Ensure the client is hydrated**
- C. Exclude the use of oils altogether
- D. Use fast movements for maximum effectiveness

Ensuring that the client is hydrated is a crucial precaution when conducting a facial massage because hydration impacts skin health and the overall effectiveness of the treatment. Well-hydrated skin is more pliable and responsive to massage techniques, allowing for better blood circulation and lymphatic drainage. Proper hydration can enhance the absorption of skincare products used during the facial and contribute to the desired outcomes, such as improved texture and reduced appearance of fine lines. In contrast, applying excessive pressure can lead to discomfort or injury, while excluding the use of oils may diminish the massage's effectiveness, as oils facilitate smooth movements over the skin. Additionally, utilizing fast movements may not provide the relaxation and therapeutic benefits typically sought in facial massages, which focus more on gentle, rhythmic techniques that encourage relaxation and well-being.

3. What is the main traditional use of face powder?

- A. To hide blemishes
- B. To set the foundation**
- C. To highlight certain areas
- D. To cover creases

Face powder's primary traditional use is to set the foundation. After applying a liquid or cream foundation, face powder is typically used to absorb excess moisture and oil, providing a more matte finish and enhancing the longevity of the makeup. It helps to lock in the foundation in place, ensuring that the makeup doesn't slide off or fade throughout the day. This application not only creates a smooth, finished appearance but also diminishes shine and gives a polished look. The other uses, while relevant to makeup application, do not reflect the primary purpose of face powder. Hiding blemishes, highlighting specific areas, or covering creases might be achieved through different products such as concealers or highlighters. However, these are secondary functions compared to the foundational role of a face powder in securing the foundation and creating a cohesive makeup look.

4. What does anabolism refer to in metabolic processes?

- A. The breakdown of molecules
- B. The building of molecules**
- C. The transportation of energy
- D. The regulation of hormones

Anabolism refers specifically to the synthesis or building up of molecules within the body. This metabolic process involves the creation of complex molecules from simpler ones, playing a crucial role in growth, repair, and maintenance of body tissues. For example, during anabolism, amino acids can be linked together to form proteins, which are essential for various bodily functions, including muscle development and enzyme production. This process is integral to various physiological activities, as it not only contributes to tissue growth and repair but also to the storage of energy in the form of glycogen and fat. In contrast, other processes such as catabolism refer to the breakdown of molecules, which serves a different function in metabolism by releasing energy from the stored compounds.

5. Thixotropy refers to a property of which type of substances?

- A. Crystalline solids
- B. Certain gels or fluids**
- C. Homogenous mixtures
- D. Aqueous solutions

Thixotropy is a property characteristic of certain gels or fluids that allows them to become less viscous when shaken, agitated, or otherwise disturbed, and then return to a more viscous state when left to stand. This behavior is particularly important in the context of beauty therapy and cosmetic formulations, as it can influence the application and performance of various treatments and products. For example, a thixotropic gel may be easy to apply when mixed or agitated but thicker and more stable when sitting undisturbed, which can provide better control during application and improved texture upon use. This unique property affects how substances behave under different conditions, making it particularly relevant for products used in beauty therapies. The other options do not accurately capture the concept of thixotropy. Crystalline solids do not exhibit this behavior; they maintain a rigid structure without the ability to flow. Homogeneous mixtures and aqueous solutions may not necessarily display thixotropic behavior unless they contain specific thixotropic agents or additives. Thus, the identification of thixotropy with certain gels or fluids reflects its actual occurrence in practical applications.

6. What instrument measures electric current in amperes?

- A. Voltmeter
- B. Rheostat
- C. Ammeter**
- D. Capacitor

The instrument that measures electric current in amperes is known as an ammeter. This device is specifically designed to provide a direct reading of the current flowing through a circuit. It is typically connected in series with the circuit whose current is being measured, allowing it to capture the flow of electricity in real time. Understanding the role of an ammeter is crucial for anyone working with electrical systems, as it provides essential information to ensure that the current levels are appropriate for the devices in use. In contrast, other instruments have different functions; for example, a voltmeter measures voltage, a rheostat is used to control current by varying resistance, and a capacitor stores electrical energy. Each of these components serves vital roles in electronic circuits but does not provide a direct measurement of current in amperes like an ammeter does.

7. What is often a result of using the hair removal method known as shaving?

- A. Thickening of hair
- B. Hair growing back in a stubble**
- C. Permanent hair removal
- D. Soft hair texture

When shaving hair, it is common for hair to grow back in a stubbly manner. This occurs because shaving cuts hairs at the surface of the skin, leaving a blunt edge, which can feel coarse and appear darker than unshaved hair. The exposed ends of the hair follicles create a stubbly feel, which is noticeable as the hair regrows. This result contrasts with methods like waxing or using depilatory creams, which remove hair from the root; those methods can lead to a softer regrowth. Moreover, while some might assume that shaving could lead to thicker hair or permanent hair removal, this is a misconception. Shaving does not alter the texture, density, or color of the hair itself. Instead, it simply affects how the hair feels and looks as it regrows after being cut at the surface.

8. What type of texture do many makeup foundations aim to achieve?

- A. Rough
- B. Silky**
- C. Oily
- D. Sticky

Many makeup foundations aim to achieve a silky texture because it contributes to a smooth and even application, which enhances the overall appearance of the skin. A silky texture allows the foundation to glide on effortlessly, preventing clumping or uneven distribution. This smoothness also helps in creating a natural look, giving the impression of a flawless complexion while minimizing the appearance of imperfections and texture on the skin. A silky finish is often preferable in makeup as it reflects light in a flattering way, providing a luminous finish without appearing overly shiny or greasy. It is important in achieving a look that feels comfortable and breathable on the skin, which is a key goal in makeup application.

9. Which part of the brain is primarily associated with memory?

- A. The cerebellum
- B. The cerebrum**
- C. The brainstem
- D. The thalamus

The cerebrum is primarily associated with memory as it encompasses several critical regions involved in the process of storing, retrieving, and processing information. Specifically, areas within the cerebrum, such as the temporal lobes, play a vital role in the formation of memory. The hippocampus, which is located in the medial temporal lobe of the cerebrum, is especially important for the formation of new memories and is essential for learning. Additionally, the cerebrum is responsible for higher cognitive functions that include not only memory but also reasoning, problem-solving, and planning. This multifunctionality underscores the significance of the cerebrum in various aspects of cognition, setting it apart from the other brain regions listed. The cerebellum, while crucial for coordination and balance, primarily does not have a direct role in memory functions. The brainstem is involved in regulating basic life functions such as breathing and heart rate, and the thalamus acts as a relay center for sensory information; neither is involved in the cognitive processes related to memory as prominently as the cerebrum is. Thus, the cerebrum's integral role in memory processes makes it the correct choice for this question.

10. What is the main purpose of a brush machine?

- A. Soothe the skin
- B. Increase blood circulation
- C. Remove dead cells from the skin's surface**
- D. Produce heat

The primary purpose of a brush machine in beauty therapy is to effectively remove dead cells from the skin's surface. This mechanical exfoliation process helps to slough off the outer layer of dead skin, revealing fresher, healthier skin underneath. By removing these dead skin cells, the brush machine aids in improving skin texture, promoting cell turnover, and enhancing the overall appearance of the skin. While the brush machine can also have secondary effects that might lead to increased blood circulation and an overall soothing feeling on the skin, its main intent is specifically geared towards exfoliation. Thus, the process not only cleanses but prepares the skin for better absorption of other skincare products and treatments that may follow, making it a valuable tool in any skincare regimen.

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://cidescobeautytherapy.examzify.com>

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

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