

Colorado Esthetician Written Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 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 from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

SAMPLE

- 1. Which system controls and coordinates all other systems of the body and makes them work harmoniously and efficiently?**
 - A. Circulatory**
 - B. Digestive**
 - C. Nervous**
 - D. Respiratory**
- 2. What is a solution in chemistry?**
 - A. A mixture of immiscible substances**
 - B. A uniform mixture of two or more mutually miscible substances**
 - C. A type of colloidal suspension**
 - D. A mixture where substances are not evenly distributed**
- 3. How do cilia move in comparison to flagella?**
 - A. In a random motion**
 - B. In a rowing-like motion**
 - C. In a sliding motion**
 - D. In a snake-like motion**
- 4. What is Pediculosis?**
 - A. Infestation of body lice**
 - B. Infestation of head lice**
 - C. Infestation of scabies mites**
 - D. Infestation of yeast**
- 5. What is a primary benefit of using masks in skincare?**
 - A. Drawing impurities**
 - B. Removing makeup**
 - C. Penetrating products**
 - D. Increasing circulation**
- 6. What happens in the stratum spinosum layer of the skin?**
 - A. Cells divide and change shape**
 - B. Cells provide immune support**
 - C. Cells undergo mitosis**
 - D. Cells sense touch**

- 7. When were Standard Precautions introduced by the CDC?**
- A. 1985**
 - B. 1990**
 - C. 1996**
 - D. 2000**
- 8. What are emulsions?**
- A. Solutions formed by immiscible substances**
 - B. Uniform mixtures of miscible substances**
 - C. Mixtures of two or more immiscible substances**
 - D. Suspensions of solids in liquids**
- 9. What is Tinea Pedis more commonly known as?**
- A. Head lice**
 - B. Ringworm fungus of the body**
 - C. Ringworm fungus of the face**
 - D. Ringworm fungus of the foot**
- 10. Which of the following best describes the vibration massage technique?**
- A. Soft continuous stroking movement**
 - B. Rapid shaking movement**
 - C. Fast tapping patting movement**
 - D. Kneading pinching movement**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which system controls and coordinates all other systems of the body and makes them work harmoniously and efficiently?

A. Circulatory

B. Digestive

C. Nervous

D. Respiratory

The correct answer is the nervous system. The nervous system is responsible for controlling and coordinating all other systems of the body, ensuring they work together harmoniously and efficiently. This system includes the brain, spinal cord, and a network of nerves that transmit signals between different parts of the body. The circulatory, digestive, and respiratory systems play important roles in the body but do not have the overall control and coordination function that the nervous system does.

2. What is a solution in chemistry?

A. A mixture of immiscible substances

B. A uniform mixture of two or more mutually miscible substances

C. A type of colloidal suspension

D. A mixture where substances are not evenly distributed

In chemistry, a solution is defined as a uniform mixture of two or more mutually miscible substances. This means that the components of a solution are evenly distributed at a molecular level. Unlike options A, C, and D, which describe mixtures that are not consistent with the definition of a solution, option B accurately represents the fundamental characteristic of a solution in chemistry.

3. How do cilia move in comparison to flagella?

A. In a random motion

B. In a rowing-like motion

C. In a sliding motion

D. In a snake-like motion

Cilia and flagella are both hair-like structures that extend from the surface of cells and are involved in movement, but they do so in distinctly different ways. The correct choice indicates that cilia move in a pattern that allows them to effectively sweep or propel substances across a surface. Cilia typically exhibit a coordinated beating pattern that resembles a rowing motion; they move in a wave-like manner. This motion is organized and consistent, allowing them to function efficiently in moving fluids or particles across the surface of the cells where they are located. Cilia often work in synchrony, with multiple cilia on the same cell or tissue coordinating their movement to create a powerful force. Flagella, on the other hand, typically move in a snake-like or undulating motion, which helps propel the cell itself through liquid environments. This means that while flagella provide propulsion through a more sinusoidal movement, the organized, effective "rowing-like" motion characteristic of cilia allows them to serve their purpose in fluid movement effectively. The misconception that cilia move randomly or in a non-coordinated fashion fails to recognize their critical role in processes such as mucus movement in respiratory tracts or the movement of eggs in female reproductive systems. Understanding this distinction is vital for recognizing

4. What is Pediculosis?

- A. Infestation of body lice**
- B. Infestation of head lice**
- C. Infestation of scabies mites**
- D. Infestation of yeast**

Pediculosis is the infestation of body lice. Body lice are a type of parasitic insect that infests clothing and bedding, and they feed on human blood. It is essential for estheticians to be aware of pediculosis and its symptoms to prevent the spread of lice in shared spaces like salons. The other options, such as head lice, scabies mites, and yeast, refer to different types of infestations and conditions, making them incorrect in the context of pediculosis.

5. What is a primary benefit of using masks in skincare?

- A. Drawing impurities**
- B. Removing makeup**
- C. Penetrating products**
- D. Increasing circulation**

A primary benefit of using masks in skincare is drawing impurities out of the skin. Masks are designed to penetrate the skin and draw out excess oils, dirt, and impurities that may be deep within the pores. This process helps to detoxify the skin, promote a clearer complexion, and improve overall skin health. While other options such as removing makeup, penetrating products, and increasing circulation can also be benefits of using masks, drawing impurities is considered a primary and essential function of most masks in skincare routines.

6. What happens in the stratum spinosum layer of the skin?

- A. Cells divide and change shape**
- B. Cells provide immune support**
- C. Cells undergo mitosis**
- D. Cells sense touch**

In the stratum spinosum layer of the skin, cells primarily divide and change shape. This layer is known for its spiny appearance due to the cells having desmosomes that give it a prickly look under a microscope. The main function of the stratum spinosum is to allow for the regeneration of new skin cells through mitosis and to provide strength and flexibility to the skin. This layer is vital for the skin's barrier function, protecting the body from external threats and maintaining skin health.

7. When were Standard Precautions introduced by the CDC?

- A. 1985
- B. 1990
- C. 1996**
- D. 2000

Standard Precautions were introduced by the CDC in 1996. This approach to infection control combines the major features of Universal Precautions and Body Substance Isolation. It considers all blood and body fluids potentially infectious, regardless of the patient's diagnosis. This method aims to prevent healthcare workers from coming into contact with potentially infectious materials.

8. What are emulsions?

- A. Solutions formed by immiscible substances
- B. Uniform mixtures of miscible substances
- C. Mixtures of two or more immiscible substances**
- D. Suspensions of solids in liquids

Emulsions are mixtures of two or more immiscible substances, such as oil and water, that are dispersed throughout each other. In emulsions, one substance is dispersed in the form of small droplets throughout the other substance. This is why option C is the correct answer. Options A and B are not correct because emulsions involve immiscible substances (substances that do not mix evenly) rather than miscible substances (substances that mix completely). Option D is also not correct because suspensions involve solid particles dispersed in a liquid, not two immiscible substances mixed together.

9. What is Tinea Pedis more commonly known as?

- A. Head lice**
- B. Ringworm fungus of the body
- C. Ringworm fungus of the face
- D. Ringworm fungus of the foot

Tinea Pedis is more commonly known as athlete's foot. This condition is a fungal infection that affects the skin on the feet, particularly between the toes. The term "Tinea" refers to a group of fungal infections, and "Pedis" specifically denotes the foot. The similarity in nomenclature can often lead to the term being misunderstood, but it distinctly relates to the fungus that thrives in warm, moist environments, often found in shoes and on gym floors. Recognizing the other options can help clarify why Tinea Pedis is a specific condition. For instance, head lice refers to a different type of parasitic infestation and does not involve fungal infections. Similarly, while ringworm can refer to various fungal infections of different parts of the body, it does not relate specifically to the condition affecting the feet. Thus, understanding the correct terminology is crucial in distinguishing between various fungal infections.

10. Which of the following best describes the vibration massage technique?

A. Soft continuous stroking movement

B. Rapid shaking movement

C. Fast tapping patting movement

D. Kneading pinching movement

The vibration massage technique best relates to a rapid shaking movement. This technique involves a quick, shaking motion that helps to stimulate the skin and underlying tissues. It is commonly used to improve circulation, relax tense muscles, and promote a sense of well-being. The other options do not accurately describe the vibration massage technique.