

# Comprehensive Integrated Milady Assessment (CIMA) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**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

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

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. All of the following products may be a good choice for the décolleté EXCEPT \_\_\_\_\_.
  - A. Retinol cream
  - B. Vitamin C serum
  - C. Alpha hydroxy acids
  - D. Moisturizing lotion
  
2. What is the general rule regarding the tone of concealer?
  - A. It should match the tone of foundation.
  - B. It should be lighter than foundation.
  - C. It should be the same shade as powder.
  - D. It should be darker than foundation.
  
3. Joints come in two types: \_\_\_\_\_.
  - A. Movable and immovable
  - B. Elastic and rigid
  - C. Smooth and rounded
  - D. Flexible and fixed
  
4. Which of the following is considered a soft skill?
  - A. Electrical engineering
  - B. Inventory management
  - C. Communication
  - D. Computer code
  
5. Which device used to closely examine the skin is commonly referred to as a loupe?
  - A. A dermatoscope
  - B. A loupe
  - C. A magnifying lamp
  - D. A skin scanner

- 6. What type of massage involves a soft, continuous stroking movement?**
- A. Tapotement**
  - B. Effleurage**
  - C. Petrissage**
  - D. Frictions**
- 7. Which system connects the outer parts of the body to the central nervous system?**
- A. Peripheral nervous system**
  - B. Central nervous system**
  - C. Autonomic nervous system**
  - D. Somatic nervous system**
- 8. Bacteria are classified into thousands of species that fall into how many primary type(s)?**
- A. One**
  - B. Two**
  - C. Three**
  - D. Four**
- 9. The very first surfactants were \_\_\_\_\_.**
- A. Gels**
  - B. Detergents**
  - C. Soaps**
  - D. Emulsifiers**
- 10. A paraffin mask is used for \_\_\_\_\_.**
- A. Exfoliating**
  - B. Tightening pores**
  - C. Hydrating dry skin**
  - D. Treating acne**

## Answers

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

1. All of the following products may be a good choice for the décolleté EXCEPT \_\_\_\_\_.

- A. Retinol cream
- B. Vitamin C serum
- C. Alpha hydroxy acids**
- D. Moisturizing lotion

The key idea is that the décolleté has delicate, thinner skin that benefits from gentle care and protection, not aggressive exfoliation. Alpha hydroxy acids are exfoliating agents that remove the outer skin layer, which can easily irritate the sensitive chest area, causing redness, stinging, or even irritation if overused or used at higher concentrations. This makes them a poorer fit for the décolleté compared with gentler options. In contrast, a retinol cream can be used in low concentrations to support collagen and skin texture, a vitamin C serum provides antioxidant protection and brightening, and a moisturizing lotion offers hydration and barrier support with lower irritation risk. So the exfoliating acids are the least suitable choice for this delicate area.

2. What is the general rule regarding the tone of concealer?

- A. It should match the tone of foundation.
- B. It should be lighter than foundation.
- C. It should be the same shade as powder.
- D. It should be darker than foundation.**

Concealer is used to camouflage imperfections while also balancing light on the face. For under-eye circles, the goal is brightness and neutralizing shadow, so the usual rule is to pick a concealer that is lighter than your foundation. A lighter shade reflects light and helps cancel the bluish or purple tones of dark circles, making the area look more awake. Sometimes a peachy or salmon undertone is used to better neutralize those shadows. Using a concealer that's darker than foundation would deepen shadows and fail to brighten, which is why that option isn't ideal for concealment. For spots or blemishes, you can match foundation or go slightly lighter depending on the effect you want, but the lighter-than-foundation rule is the common approach for under-eye concealment.

3. Joints come in two types: \_\_\_\_\_.

- A. Movable and immovable**
- B. Elastic and rigid
- C. Smooth and rounded
- D. Flexible and fixed

Joints are classified by how much they allow movement. Some joints stay fixed and provide stability, while others are built to move, enabling bending, twisting, and swinging. The immovable joints, called synarthroses, keep bones tightly together with no motion. The movable joints, called diarthroses, have the structures that allow a wide range of motion, like the knee, elbow, or shoulder. That mobility-based distinction is what this question is testing. The other descriptions describe texture or rigidity rather than whether movement is possible.

**4. Which of the following is considered a soft skill?**

- A. Electrical engineering
- B. Inventory management
- C. Communication**
- D. Computer code

Soft skills are about how you interact with people and work with others, not just performing technical tasks. Communication stands out as a soft skill because it includes clearly sharing ideas, listening actively, interpreting feedback, and adjusting how you convey information for different audiences. These abilities enable teamwork, customer interactions, and effective leadership. The other options describe technical or process-focused abilities that require specialized knowledge and tools—electrical engineering, inventory management, and computer code are all hard skills. So, communication is the best example of a soft skill.

**5. Which device used to closely examine the skin is commonly referred to as a loupe?**

- A. A dermatoscope
- B. A loupe
- C. A magnifying lamp**
- D. A skin scanner

When you want to see fine details on the skin, magnification paired with bright, even illumination is essential. A magnifying lamp gives you both: a clear magnifying lens and built-in lighting that reduces shadows and reveals texture, pores, and tiny blemishes that are easy to miss otherwise. A simple loupe is just a lens and may not offer sufficient lighting, which diminishes its effectiveness for skin inspection. A dermatoscope is a specialized instrument for examining pigmented lesions and skin structures in detail, often used for diagnostic purposes rather than routine close inspection. A skin scanner focuses on imaging or automated analysis rather than hands-on close examination. So the magnifying lamp best fits the role of a device used to closely examine the skin and is commonly associated with the term loupe in practical use.

**6. What type of massage involves a soft, continuous stroking movement?**

- A. Tapotement
- B. Effleurage**
- C. Petrissage
- D. Frictions

Effleurage is the soft, continuous gliding of the hands over the skin, using long, smooth strokes with light to moderate pressure. These flowing movements are typically done with the palms (or fingers) and sometimes forearms, following the contours of the body. This technique warms the tissue, relaxes the client, and helps spread massage oil while preparing muscles for deeper work. It's commonly used at the start and end of a session and can aid circulation by moving fluids toward the heart. The other techniques involve different motions and pressures—tapping or pounding (tapotement), kneading and lifting (petrissage), or deep, small circular movements (frictions)—which are not continuous gliding strokes.

**7. Which system connects the outer parts of the body to the central nervous system?**

- A. Peripheral nervous system**
- B. Central nervous system**
- C. Autonomic nervous system**
- D. Somatic nervous system**

The peripheral nervous system is the link between the body's outer parts and the central nervous system. It includes all nerves outside the brain and spinal cord, carrying sensory information from skin, muscles, and organs to the CNS and conveying motor commands from the CNS out to muscles and glands. This network enables you to feel touch, temperature, and pain, and to move your limbs. The central nervous system is the brain and spinal cord where processing happens, not the conduit that connects the body to the CNS. The autonomic and somatic nervous systems are subdivisions within the peripheral nervous system—autonomic handles involuntary functions like heart rate and digestion, while somatic handles voluntary movement and conscious sensation. Because the question describes the system that directly connects outer body parts to the CNS, the peripheral nervous system is the best choice.

**8. Bacteria are classified into thousands of species that fall into how many primary type(s)?**

- A. One**
- B. Two**
- C. Three**
- D. Four**

Classification by Gram staining is the main idea here. Bacteria are grouped into two major types based on their cell wall structure as revealed by Gram staining: those with a thick peptidoglycan layer that retains the crystal violet dye (Gram-positive) and those with a thinner peptidoglycan layer plus an outer membrane that does not retain the dye and takes up the counterstain (Gram-negative). This two-type distinction reflects fundamental differences in cell envelope organization, which in turn influence characteristics like antibiotic susceptibility and how these organisms interact with hosts. Although thousands of species exist, they are broadly categorized into these two groups because the Gram reaction captures the essential structural contrast in bacterial cell walls.

9. The very first surfactants were \_\_\_\_\_.

- A. Gels
- B. Detergents
- C. Soaps**
- D. Emulsifiers

Surfactants are substances that lower surface tension at interfaces and help disperse oils in water. The earliest cleansing agents humans used were soaps—made by saponifying fats with an alkali. Soap molecules have a hydrophobic tail and a hydrophilic head, so they align at oil-water interfaces and form micelles that lift oily dirt into water for washing. This ancient practice predates modern detergents and specialized emulsifiers, which came later. Gels aren't typically surfactants in the cleansing sense, and detergents refer to newer synthetic formulations designed for hard water, while emulsifiers cover a broad category beyond the historic, simple soap molecules. So, the very first surfactants were soaps.

10. A paraffin mask is used for \_\_\_\_\_.

- A. Exfoliating
- B. Tightening pores
- C. Hydrating dry skin**
- D. Treating acne

Paraffin masks work by creating an occlusive, warm layer over the skin to trap moisture and soften the surface. The heat helps hydration penetrate and the barrier helps seal in water, making this treatment especially beneficial for dry or dehydrated skin. It doesn't provide exfoliation—exfoliation comes from scrubs or enzymes—nor does it offer lasting pore tightening or acne treatment, which require different ingredients and approaches. So the primary benefit is hydrating dry skin.

## 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](mailto:hello@examzify.com).**

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

**<https://miladycima.examzify.com>**

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

SAMPLE