

# DHA Beauty Therapy/Aesthetician Practice Exam (Sample)

## Study Guide



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## **Questions**

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- 1. How is mitosis best defined?**
  - A. Cell division that creates gametes**
  - B. Cell division that generates new cells for growth and repair**
  - C. Cell division involved in aging**
  - D. Cell division that occurs only in skin cells**
- 2. What type of tissue primarily makes up the epidermis?**
  - A. Stratified squamous epithelial tissues**
  - B. Dense connective tissue**
  - C. Loose areolar tissue**
  - D. Simple cuboidal epithelial tissue**
- 3. What is another term for mites commonly found on human skin?**
  - A. Staphylococcus**
  - B. Candida**
  - C. Demodex**
  - D. Acne vulgaris**
- 4. Which of the following is a function of the skin?**
  - A. Absorption**
  - B. Secretion of hormones**
  - C. Production of blood cells**
  - D. Regulation of vascular health**
- 5. What is the maximum depth allowed for microneedling by beauty therapists?**
  - A. 0.5mm**
  - B. 1mm**
  - C. 2mm**
  - D. 0.25mm**
- 6. What is another name for sebaceous cysts?**
  - A. Papules**
  - B. Steatomas**
  - C. Carbuncles**
  - D. Acne comedones**

- 7. Which of the following is an indication for chemical peels?**
- A. Burns and blistering**
  - B. Acne scars**
  - C. Open wounds**
  - D. Pregnant or lactating**
- 8. Which gland responds to stimulation from the autonomic nervous system?**
- A. Eccrine gland**
  - B. Apocrine gland**
  - C. Thyroid gland**
  - D. Adrenal gland**
- 9. In which gland do secretions primarily respond to hormonal control rather than temperature changes?**
- A. Eccrine gland**
  - B. Apocrine gland**
  - C. Thyroid gland**
  - D. Parathyroid gland**
- 10. Which skin condition is characterized by excessive sebum production?**
- A. Dry skin**
  - B. Oily skin**
  - C. Normal skin**
  - D. Combination skin**

## **Answers**

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

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## **Explanations**

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## 1. How is mitosis best defined?

- A. Cell division that creates gametes
- B. Cell division that generates new cells for growth and repair**
- C. Cell division involved in aging
- D. Cell division that occurs only in skin cells

Mitosis is best defined as a process of cell division that generates new cells for growth and repair. During mitosis, a single cell divides to produce two genetically identical daughter cells, each containing the same number of chromosomes as the original cell. This process is fundamental for the growth of organisms, as well as for the repair of tissues after injury. For example, when skin is damaged, mitosis allows for the replacement of lost or damaged cells, ensuring that the tissue can heal and maintain its function. The other options do not accurately encompass the primary role of mitosis. While cell division that creates gametes is characteristic of meiosis, aging involves a variety of cellular processes, and not all cell division is linked to it specifically. Additionally, cell division occurs in many types of cells throughout the body, not exclusively in skin cells. Therefore, the most accurate definition of mitosis is centered around its essential role in growth and repair.

## 2. What type of tissue primarily makes up the epidermis?

- A. Stratified squamous epithelial tissues**
- B. Dense connective tissue
- C. Loose areolar tissue
- D. Simple cuboidal epithelial tissue

The epidermis is primarily composed of stratified squamous epithelial tissue, which is crucial for its protective functions. This type of tissue consists of multiple layers of flat cells, providing a robust barrier against environmental damage such as pathogens, chemicals, and physical abrasion. The layered structure allows for a high degree of regeneration, enabling the skin to continuously renew itself, which is vital for maintaining its integrity and function as the outermost layer of the skin. In contrast, dense connective tissue, while important for providing strength and support in other parts of the body, is not found in the epidermis. Loose areolar tissue, which serves to bind tissues and organs, is also not a component of the epidermis. Simple cuboidal epithelial tissue is typically found in glandular structures and organs, such as kidney tubules, rather than the outer layer of the skin. Thus, stratified squamous epithelial tissue is uniquely suited to the role and characteristics of the epidermis.

**3. What is another term for mites commonly found on human skin?**

- A. Staphylococcus**
- B. Candida**
- C. Demodex**
- D. Acne vulgaris**

Mites commonly found on human skin are referred to as Demodex. These microscopic organisms primarily inhabit hair follicles and sebaceous (oil) glands, particularly in areas like the face and scalp. There are two species of Demodex that are of particular interest: Demodex folliculorum and Demodex brevis. While many people have these mites living on their skin without any adverse effects, an overpopulation can lead to skin issues such as rosacea or other irritations. In distinguishing this answer from others, it's important to note that Staphylococcus refers to a genus of bacteria, not mites, and can be associated with various infections. Candida is a type of fungus that can cause infections, particularly yeast infections, and does not relate to mites at all. Acne vulgaris, on the other hand, is a common skin condition characterized by the presence of pimples due to clogged pores, which can be influenced by bacteria and oil production but is not directly linked to mites. Understanding the nature of Demodex and its role in skin health is crucial for any aesthetician or beauty therapist.

**4. Which of the following is a function of the skin?**

- A. Absorption**
- B. Secretion of hormones**
- C. Production of blood cells**
- D. Regulation of vascular health**

The function of absorption is indeed a key role of the skin. The skin's outer layer, or epidermis, acts as a barrier that allows certain substances to be absorbed into the body while protecting against harmful elements. This includes the absorption of moisture, nutrients, and various topical products applied to the skin. For example, certain skincare products are formulated to penetrate the skin's surface, delivering beneficial ingredients directly to the deeper layers, aiding in hydration and overall skin health. Other options, while related to bodily functions, do not accurately describe the primary roles of the skin itself. Hormones are primarily secreted by glands such as the adrenal glands and thyroid, rather than by the skin. Blood cell production primarily occurs in the bone marrow, and while the skin does have a vascular system, its main functions do not typically involve the direct regulation of vascular health but rather the maintenance of homeostasis and protection. Therefore, absorption is the most accurate answer regarding the skin's functions.

**5. What is the maximum depth allowed for microneedling by beauty therapists?**

- A. 0.5mm**
- B. 1mm**
- C. 2mm**
- D. 0.25mm**

When considering the maximum depth allowed for microneedling by beauty therapists, the correct choice of 0.25mm is significant due to safety and efficacy concerns associated with cosmetic treatments. At this depth, practitioners can effectively promote collagen production and enhance skin texture without the risk of causing deeper tissue damage. Microneedling at 0.25mm primarily targets the epidermis and the upper dermis, making it suitable for superficial skin concerns such as fine lines, slight textural irregularities, and enhancing the absorption of topical serums. This level of penetration is generally deemed safe for use in aesthetic practice, allowing beauty therapists to perform the procedure with minimal downtime and discomfort for clients. Deeper penetrations, while they can achieve more substantial results, are typically reserved for qualified medical professionals due to the potential for complications such as infection, scarring, or other adverse effects. Therefore, the decision to limit the depth to 0.25mm ensures that beauty therapists can provide effective treatments within their training scope and regulatory guidelines, promoting client safety and satisfaction.

**6. What is another name for sebaceous cysts?**

- A. Papules**
- B. Steatomas**
- C. Carbuncles**
- D. Acne comedones**

Sebaceous cysts are commonly referred to as steatomas. These encapsulated sacs are filled with sebum, which is an oily substance produced by sebaceous glands. The term "steatoma" specifically describes these cysts, emphasizing their association with sebaceous glands and their nature of containing fatty materials. Understanding this terminology is important in aesthetic therapy as it helps in properly identifying and communicating about skin conditions. In contrast, papules are small raised bumps on the skin that result from various causes, including acne or allergic reactions, and do not specifically refer to cysts. Carbuncles are a cluster of boils formed from infected hair follicles, indicating a different type of skin infection. Acne comedones are clogged hair follicles (either open or closed) primarily related to acne and do not refer to cysts at all. This distinction is critical for effective treatment and client education in aesthetic practices.

**7. Which of the following is an indication for chemical peels?**

- A. Burns and blistering**
- B. Acne scars**
- C. Open wounds**
- D. Pregnant or lactating**

Chemical peels are a popular and effective treatment in aesthetic practice, primarily aimed at improving the appearance of the skin. One of the main indications for chemical peels is to address acne scars. These scars result from the healing process after an acne outbreak and can leave behind textured skin that appears uneven or discolored. Chemical peels work by exfoliating the upper layers of the skin, promoting the shedding of damaged or scarred tissue, and encouraging the growth of new, healthier skin cells. Depending on the type and depth of the peel, this treatment can help reduce the look of acne scars. It can also enhance skin texture and tone, making it a beneficial option for individuals looking to minimize the appearance of such scarring. In contrast, conditions such as burns and blistering, open wounds, and pregnancy or lactation pose potential risks and contraindications for chemical peels. Burns and blisters indicate damaged skin that requires healing rather than exfoliation, while open wounds are susceptible to infection. Pregnancy or lactation can affect hormonal levels and skin sensitivity, making chemical peels potentially unsafe for these individuals. Therefore, addressing acne scars becomes a clear and valid indication for the use of chemical peels in aesthetics.

**8. Which gland responds to stimulation from the autonomic nervous system?**

- A. Eccrine gland**
- B. Apocrine gland**
- C. Thyroid gland**
- D. Adrenal gland**

The eccrine gland is the correct choice as it is a type of sweat gland that is directly influenced by the autonomic nervous system. Eccrine glands are responsible for thermoregulation and are distributed widely across the body, especially on the palms, soles of the feet, and forehead. When the body becomes hot, the autonomic nervous system activates these glands to produce sweat, which aids in cooling the body through evaporation. In contrast, the apocrine gland, which is primarily associated with scent and activated during stress or emotional responses, is also influenced by the autonomic nervous system but does not play a role in thermoregulation like the eccrine gland. The thyroid gland's primary function is related to metabolism and hormone production, and while it is regulated by the endocrine system, it does not respond directly to autonomic stimuli. The adrenal gland produces hormones such as adrenaline in response to stress, but it is not categorized as a gland that responds to autonomic signals in the same way that eccrine glands do for temperature regulation.

**9. In which gland do secretions primarily respond to hormonal control rather than temperature changes?**

- A. Eccrine gland**
- B. Apocrine gland**
- C. Thyroid gland**
- D. Parathyroid gland**

The apocrine gland is primarily associated with hormonal control rather than temperature regulation. Apocrine glands, found in areas like the armpits and groin, become active during puberty and are stimulated by hormones, particularly those associated with stress or sexual arousal. Their secretions contain proteins and fatty substances that lead to the characteristic odor when they are broken down by bacteria on the skin. In contrast, eccrine glands are mainly involved in thermoregulation through the secretion of sweat, which helps cool the body. The thyroid and parathyroid glands, while also hormonal in nature, do not fit the context of glandular secretions linked to external stimuli or pheromonal responses, as they primarily manage metabolic processes and calcium levels respectively. Therefore, the apocrine gland's responsiveness to hormonal changes is what makes it the correct choice in the context of the question.

**10. Which skin condition is characterized by excessive sebum production?**

- A. Dry skin**
- B. Oily skin**
- C. Normal skin**
- D. Combination skin**

The skin condition characterized by excessive sebum production is oily skin. This condition results when the sebaceous glands produce too much oil, leading to a shiny appearance and often causing clogged pores. Individuals with oily skin may also be more prone to acne and other blemishes due to the higher accumulation of oil and debris on the skin's surface. Recognizing oily skin is important for aesthetic practices, as it influences the choice of skincare products and treatments. For example, lighter, non-comedogenic formulations are usually recommended to manage excess oil production without causing further breakouts. Understanding this condition is crucial for providing effective skincare advice and treatment to clients.