

DHA Beauty Therapy/Aesthetician Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. What should you ensure about the cape when putting it on a client?**
 - A. It matches the towel**
 - B. It is fastened securely**
 - C. It is made of disposable material**
 - D. It is of appropriate size**

- 2. What type of secretion is typically produced by eccrine glands?**
 - A. Thick and oily**
 - B. Water and salt**
 - C. Milky and sticky**
 - D. Scented and greasy**

- 3. What is the function of epithelial cells in relation to capillaries?**
 - A. Transporting oxygen**
 - B. Forming a protective layer**
 - C. Producing hormones**
 - D. Facilitating blood flow**

- 4. What is the primary substance produced by melanocytes?**
 - A. Carotene**
 - B. Collagen**
 - C. Melanin**
 - D. Keratin**

- 5. In skin treatments, what is the purpose of hydroquinone?**
 - A. To hydrate the skin**
 - B. To reduce inflammation**
 - C. To lighten hyperpigmentation**
 - D. To firm the skin**

6. During a chemical peel treatment, what should a therapist explain to the client?

- A. The colour of the peel**
- B. The sensation and aftercare**
- C. How long the treatment will last**
- D. The type of skin being treated**

7. What are the primary components of the dermis?

- A. Neurons and epithelial tissue**
- B. Adipose and connective tissue**
- C. Fibrous and elastic tissues**
- D. Fat cells and hair follicles**

8. What is known as the deepest layer of skin?

- A. Epidermis**
- B. Dermis**
- C. Hypodermis**
- D. Stratum granulosum**

9. What type of chemical peel provides controlled tissue injury to the mid reticular dermis?

- A. Superficial peels**
- B. Medium-depth peels**
- C. Deep peels**
- D. Enzyme peels**

10. What is the primary role of an emulsifier in cosmetic formulations?

- A. To provide a colorant**
- B. To bind water and oil together**
- C. To add fragrance**
- D. To thicken the product**

Answers

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

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Explanations

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1. What should you ensure about the cape when putting it on a client?

- A. It matches the towel**
- B. It is fastened securely**
- C. It is made of disposable material**
- D. It is of appropriate size**

When putting a cape on a client, it is crucial to ensure that it is fastened securely. A secure cape prevents clothing from becoming soiled during treatments and protects the client's skin from products that may drip or splash. Ensuring the cape is properly fastened adds to the client's comfort and confidence, as they can relax knowing their personal clothing is protected. While matching the towel or using a disposable material may have their merits in certain contexts, and having an appropriately sized cape is also important for coverage and comfort, the primary focus should always be on securely fastening the cape to provide effective protection during the service. This practice is fundamental in maintaining hygiene and a professional atmosphere in any beauty therapy or aesthetician setting.

2. What type of secretion is typically produced by eccrine glands?

- A. Thick and oily**
- B. Water and salt**
- C. Milky and sticky**
- D. Scented and greasy**

Eccrine glands primarily produce a secretion that is composed mostly of water and salt. These glands play a crucial role in thermoregulation, helping to cool the body through the process of sweating. The fluid released from eccrine glands is typically clear and is designed to help maintain the body's temperature, especially during exercise or in hot environments. The presence of salt in this secretion also assists in regulating the body's electrolyte balance. In contrast, other types of glands, such as sebaceous glands, are responsible for producing thicker, oily substances that help lubricate the skin and hair. Eccrine sweat is not associated with strong scents or greasiness, which further defines it from other types of glandular secretions, such as those produced by apocrine glands, which can be milky or sticky and are associated with body odor. Thus, water and salt accurately describe the secretion produced by eccrine glands.

3. What is the function of epithelial cells in relation to capillaries?

- A. Transporting oxygen
- B. Forming a protective layer**
- C. Producing hormones
- D. Facilitating blood flow

Epithelial cells play a crucial role in forming a protective layer, particularly in the context of capillaries. These cells line the surfaces and cavities of various organs and structures in the body, including blood vessels. In capillaries, the epithelial cells create the endothelium, which serves as a barrier between the bloodstream and the surrounding tissues. This protective layer is significant because it regulates the movement of substances, such as nutrients, waste products, and gases, between the blood and tissues. The selective permeability of the epithelial layer allows for the exchange of materials while helping to protect underlying tissues from potential pathogens and toxins found in the circulating blood. The integrity and health of this epithelial layer are vital for overall vascular function and tissue health.

4. What is the primary substance produced by melanocytes?

- A. Carotene
- B. Collagen
- C. Melanin**
- D. Keratin

Melanocytes are specialized cells found primarily in the skin and hair follicles, and their main function is to produce melanin. Melanin is the pigment responsible for the color of the skin, hair, and eyes. It plays a critical role in protecting the skin from the harmful effects of ultraviolet (UV) radiation by absorbing and dissipating this energy. The production of melanin increases in response to sun exposure, contributing to the tanning effect and providing some degree of protection against UV-induced damage. In contrast, carotene is a pigment found in certain fruits and vegetables, collagen is a structural protein important for skin strength and elasticity, and keratin is a protein that serves as a key structural component of hair and nails. While these substances are vital for various functions in the body, they do not originate from melanocytes; therefore, they are not the primary substance produced by these cells.

5. In skin treatments, what is the purpose of hydroquinone?

- A. To hydrate the skin
- B. To reduce inflammation
- C. To lighten hyperpigmentation**
- D. To firm the skin

Hydroquinone is primarily used for its skin-lightening properties, making it an effective treatment for hyperpigmentation. This compound works by inhibiting an enzyme called tyrosinase, which is crucial in the production of melanin, the pigment responsible for skin color. By reducing melanin production, hydroquinone can help diminish dark spots, age spots, and other forms of pigmentation that might affect skin tone. This ability to specifically target excess pigmentation is why hydroquinone is widely used in skincare products designed to promote a more even and brighter complexion. The other choices, while relevant to skin treatments, do not accurately describe the main purpose of hydroquinone. Hydration refers to retaining moisture in the skin, inflammation reduction involves calming irritated skin, and firming pertains to improving skin elasticity and tightness. These functions are achieved through different ingredients and treatments that serve specific purposes distinct from the effects of hydroquinone.

6. During a chemical peel treatment, what should a therapist explain to the client?

- A. The colour of the peel
- B. The sensation and aftercare**
- C. How long the treatment will last
- D. The type of skin being treated

During a chemical peel treatment, it is essential for the therapist to explain the sensation and aftercare involved in the procedure. Clear communication about what the client will experience during the treatment is crucial. Clients may feel varying sensations, such as tingling, warmth, or even slight discomfort, depending on the type and strength of the peel used. Aftercare is also a vital part of the process, as it significantly impacts the results of the treatment and the client's skin health. Clients should be informed about proper post-peel routines, such as avoiding sun exposure, using gentle cleansers, and applying moisturizers, which can aid in the healing process and enhance the effectiveness of the peel. This knowledge helps clients prepare mentally and physically for the treatment, leading to better outcomes and client satisfaction. Understanding sensations and aftercare allows clients to have realistic expectations and promotes their overall trust in the therapist's professional judgment and skills.

7. What are the primary components of the dermis?

- A. Neurons and epithelial tissue
- B. Adipose and connective tissue
- C. Fibrous and elastic tissues**
- D. Fat cells and hair follicles

The primary components of the dermis are fibrous and elastic tissues. This layer of skin is crucial for providing strength, elasticity, and overall structural integrity. The fibrous tissues contain collagen and other proteins that contribute to the skin's firmness and resiliency. Elastic tissues allow the skin to stretch and return to its original shape, which is essential for accommodating movement and growth. Collagen fibers are particularly important as they help to maintain the skin's structure and resistance to stretching and tearing, while elastin fibers enable the skin to be flexible and resilient. This combination is what allows the dermis to support various functions, including housing blood vessels, nerves, and accessory structures like glands. The other options do not correctly encapsulate the primary components of the dermis. For instance, while fat cells and hair follicles are present in the skin, they are not the main structural components of the dermis itself; rather, these elements are found in the subcutaneous layer or the epidermis. Adipose and connective tissue, although they play roles in skin anatomy, do not represent the key structural aspects of the dermis. Neurons and epithelial tissue are also significant, but the dermis primarily consists of fibrous and elastic connective tissue, highlighting the importance of strength

8. What is known as the deepest layer of skin?

- A. Epidermis
- B. Dermis
- C. Hypodermis**
- D. Stratum granulosum

The deepest layer of skin is the hypodermis, also known as the subcutaneous layer. This layer is located beneath the dermis and serves several important functions in the body. It is composed primarily of loose connective tissue and fat cells, providing insulation, cushioning, and energy storage. The hypodermis also helps anchor the skin to underlying structures such as muscles and bones, while allowing for flexibility and movement. Understanding the structure of the skin is crucial in aesthetics and beauty therapy, particularly when considering treatments that target the different layers. The epidermis is the outermost layer, responsible for serving as a barrier and providing protection, while the dermis contains structures like hair follicles, sweat glands, and blood vessels. The stratum granulosum is a sub-layer of the epidermis that plays a key role in the skin's barrier function, but it is not the deepest layer. Thus, recognizing the hypodermis as the deepest layer highlights its vital role in overall skin health and function.

9. What type of chemical peel provides controlled tissue injury to the mid reticular dermis?

- A. Superficial peels**
- B. Medium-depth peels**
- C. Deep peels**
- D. Enzyme peels**

Medium-depth peels are designed to penetrate deeper into the skin compared to superficial peels, reaching the mid reticular dermis and causing a controlled injury to this layer. This depth of penetration facilitates significant improvements in skin texture, tone, and overall appearance by stimulating collagen production and promoting more extensive exfoliation than superficial options, which only affect the outermost skin layers. Deep peels penetrate even further, affecting the deeper layers of the skin, but they are typically reserved for more severe cases and can involve longer recovery times. Superficial peels only target the uppermost stratum corneum and are primarily used for minor issues. Enzyme peels work by utilizing enzymes to exfoliate the skin's surface without causing any injury to the deeper layers. Thus, the characteristic of medium-depth peels in providing controlled injury to the mid reticular dermis is what defines their efficacy in achieving desired aesthetic results.

10. What is the primary role of an emulsifier in cosmetic formulations?

- A. To provide a colorant**
- B. To bind water and oil together**
- C. To add fragrance**
- D. To thicken the product**

The primary role of an emulsifier in cosmetic formulations is to bind water and oil together. Emulsifiers are substances that help stabilize mixtures of water and oil, which typically do not mix due to their differing polarities. By reducing the surface tension between the two phases, emulsifiers allow for the creation of stable emulsions, such as creams and lotions. In cosmetic products, this binding ability is crucial for achieving the desired texture, consistency, and performance. Without emulsifiers, oil and water would separate, leading to unstable products that could not effectively deliver hydration and other beneficial ingredients to the skin. Thus, they play a pivotal role in ensuring the formulation's efficacy and stability, making them essential components in many beauty and personal care products.

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://dhabeautytherapy.examzify.com>

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

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