

DHA BEAUTY THERAPY/ AESTHETICIAN PRACTICE EXAM (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 should be done if a chemical peel solution gets into a client's eyes?**
 - A. Continue the treatment and monitor the client
 - B. Stop the treatment immediately and wash with water
 - C. Apply a cooling gel around the eyes
 - D. Notify a supervisor before taking any action
- 2. What gland is located all over the body except in the lips and sex organs?**
 - A. Apocrine gland
 - B. Eccrine gland
 - C. Pituitary gland
 - D. Thyroid gland
- 3. How many layers make up the epidermis?**
 - A. 3
 - B. 5
 - C. 7
 - D. 2
- 4. What is enzyme exfoliation primarily known for?**
 - A. Removing deep-set impurities
 - B. Detaching and digesting dead skin cells
 - C. Enhancing skin elasticity
 - D. Increasing blood circulation
- 5. Which acid is commonly associated with anti-aging chemical peels?**
 - A. Mandelic acid
 - B. Acetic acid
 - C. Salicylic acid
 - D. Hyaluronic acid
- 6. What treatment is known for stimulating and toning facial muscles?**
 - A. Facial massage
 - B. Microcurrent treatment
 - C. LED therapy
 - D. Gua Sha techniques

7. Which gland opens into hair follicles and is more active during puberty?

- A. Eccrine gland
- B. Apocrine gland
- C. Pineal gland
- D. Adrenal gland

8. Which layer of the skin contains sweat and sebaceous glands?

- A. Hypodermis
- B. Epidermis
- C. Dermis
- D. Stratum germinativum

9. What are capillaries primarily known for?

- A. Transporting hormones
- B. Transporting blood, nutrients, and oxygen to cells
- C. Filtering waste from the body
- D. Storing blood

10. What is the primary role of the lymphatic system?

- A. It pumps blood throughout the body
- B. It is a one-way drainage system
- C. It produces hormones
- D. It generates heat in the body

Answers

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

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Explanations

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1. What should be done if a chemical peel solution gets into a client's eyes?

- A. Continue the treatment and monitor the client
- B. Stop the treatment immediately and wash with water**
- C. Apply a cooling gel around the eyes
- D. Notify a supervisor before taking any action

If a chemical peel solution inadvertently comes into contact with a client's eyes, the correct course of action is to stop the treatment immediately and wash the affected area with water. This is crucial because chemical peel solutions can be irritants or harmful to the sensitive tissue of the eyes. Immediate action helps to dilute and flush out the chemical to minimize any potential damage or discomfort. Rinsing with water is essential as it serves to wash away the chemical and soothe the irritation caused by the substance. The safety and well-being of the client are of utmost importance, and prompt action can prevent more severe reactions. After rinsing, it's also advisable to monitor the client for any adverse reactions and ensure their comfort. While notifying a supervisor may be an appropriate step thereafter, the priority remains to address the immediate concern of the eye exposure first, making swift and effective action essential in this situation.

2. What gland is located all over the body except in the lips and sex organs?

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

The eccrine gland is a type of sweat gland that is distributed widely throughout the body, playing a crucial role in thermoregulation and maintaining skin hydration. These glands are responsible for producing a clear, odorless sweat primarily composed of water and salts, which is secreted directly onto the skin's surface. The fact that eccrine glands are found almost everywhere on the body, except in specific areas such as the lips and sex organs, highlights their ubiquity and the specialized functions they perform in maintaining homeostasis. In contrast, other glands mentioned, like apocrine glands, are found in specific areas like the underarms and groin and produce a thicker sweat that can lead to body odor when broken down by bacteria. The pituitary and thyroid glands are endocrine glands that regulate various hormonal functions in the body but do not produce sweat or have an exocrine function, which distinguishes them entirely from eccrine glands. Thus, the recognition that the eccrine gland is the primary sweat-producing gland found throughout most of the body directly correlates with its physiological role in regulating body temperature and the unique areas where it is absent.

3. How many layers make up the epidermis?

- A. 3
- B. 5**
- C. 7
- D. 2

The epidermis is composed of five distinct layers, which collectively serve important functions in protecting the body and maintaining skin health. Understanding these layers is crucial for those in the beauty and aesthetics field, as each layer plays a specific role in the overall structure and function of the skin. The five layers of the epidermis, starting from the outermost to the innermost, are as follows: 1. **Stratum Corneum**: This is the outermost layer, consisting of dead keratinized cells that provide a barrier to environmental elements and prevent water loss. 2. **Stratum Lucidum**: Found only in thick skin (such as the palms and soles), this thin layer adds an additional protective barrier. 3. **Stratum Granulosum**: In this layer, keratinocytes begin to lose their nuclei and undergo a process of keratinization, contributing to the skin's barrier function. 4. **Stratum Spinosum**: This layer provides strength and flexibility to the skin due to the presence of desmosomes connecting the keratinocytes. 5. **Stratum Basale (Stratum Germinativum)**: The deepest layer of the epidermis, where cell division occurs, producing new

4. What is enzyme exfoliation primarily known for?

- A. Removing deep-set impurities
- B. Detaching and digesting dead skin cells**
- C. Enhancing skin elasticity
- D. Increasing blood circulation

Enzyme exfoliation is primarily known for its ability to detach and digest dead skin cells. This method utilizes enzymes derived from natural sources, such as fruits, to break down the bonds holding dead skin cells together. By effectively digesting these cells, enzyme exfoliation promotes a healthier and more radiant skin appearance without the physical abrasiveness of traditional scrubs or chemical exfoliants. This process is gentle yet effective, making it particularly suitable for sensitive skin types or those who may not tolerate harsher exfoliation methods well. As a result, enzyme exfoliation can facilitate the natural skin renewal process, leading to a smoother texture and more even skin tone. The focus is on encouraging cellular turnover and maintaining the skin's overall health without causing irritation or damage. While other methods, such as manual exfoliation or chemical exfoliants, may target different skin concerns, the distinctive attribute of enzyme exfoliation lies in its gentle enzymatic action aimed specifically at the dead skin layer.

5. Which acid is commonly associated with anti-aging chemical peels?

- A. Mandelic acid**
- B. Acetic acid
- C. Salicylic acid
- D. Hyaluronic acid

Mandelic acid is commonly associated with anti-aging chemical peels due to its effective properties as an alpha hydroxy acid (AHA). It is derived from bitter almonds and has a larger molecular structure compared to other AHAs, which allows it to penetrate the skin more slowly and gently. This characteristic makes it suitable for various skin types, including sensitive skin, while promoting exfoliation, enhancing skin texture, and stimulating collagen production. The result is a more youthful appearance with reduced signs of aging, such as fine lines and uneven skin tone. In the context of chemical peels, mandelic acid's ability to remove dead skin cells and promote cellular turnover is particularly beneficial in anti-aging treatments. It not only helps reduce signs of aging but also provides an improvement in overall skin health. This distinguishes it in the field of aesthetic treatments focused on rejuvenation.

6. What treatment is known for stimulating and toning facial muscles?

- A. Facial massage
- B. Microcurrent treatment**
- C. LED therapy
- D. Gua Sha techniques

Microcurrent treatment is specifically designed to stimulate and tone facial muscles by using low-level electrical currents that mimic the body's natural electrical impulses. This therapy works at a cellular level to promote ATP (adenosine triphosphate) production, which can lead to improved muscle tone, reduction of fine lines, and enhanced skin elasticity. The gentle electrical impulses encourage movement in the facial muscles, akin to a workout, leading to a firmer and more contoured appearance. The effectiveness of microcurrent treatment lies in its ability to penetrate deep into the skin layers and stimulate not just the surface, but the underlying muscles as well, giving it a unique edge over other facial therapies that may focus solely on relaxation or surface-level benefits. This targeted approach to muscle toning and stimulation makes it particularly sought after in aesthetic practices aimed at achieving a more youthful appearance.

7. Which gland opens into hair follicles and is more active during puberty?

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

The apocrine gland is associated with hair follicles and becomes significantly more active during puberty. These glands are primarily located in areas such as the armpits and the groin and are responsible for secreting a thicker, milky fluid that can contribute to body odor when broken down by bacteria on the skin's surface. During puberty, hormonal changes lead to increased activity in apocrine glands, causing them to produce more secretions. This increase in activity is linked to the rise in sex hormones, which influences the development of secondary sexual characteristics, including the maturation of these glands. In contrast, eccrine glands, which are distributed widely across the body, produce a watery sweat that helps regulate body temperature but do not open into hair follicles. The pineal gland, located in the brain, regulates sleep patterns through the secretion of melatonin and is not involved with hair follicles or sweat production. The adrenal gland produces hormones that affect stress response and metabolism but do not directly involve hair follicles. Thus, the apocrine gland's link to hair follicles and its increased activity during puberty makes it the correct choice for this question.

8. Which layer of the skin contains sweat and sebaceous glands?

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

The correct choice is the dermis, as it is the layer of skin that houses both sweat and sebaceous (oil) glands. The dermis is located beneath the epidermis and is comprised of a network of collagen and elastin fibers, providing strength and elasticity to the skin. It contains various important structures, including blood vessels, nerve endings, hair follicles, and the glands responsible for sweating and oil secretion. Sweat glands play a critical role in thermoregulation and the excretion of waste products, while sebaceous glands are essential for producing sebum, an oily substance that helps to keep the skin moisturized and protected. Both types of glands are important for maintaining skin health and function. The epidermis, the outermost layer of the skin, does not contain glands; rather, it is primarily comprised of keratinocytes that provide a protective barrier. The hypodermis, also known as subcutaneous tissue, lies beneath the dermis and is primarily composed of fat and connective tissue, serving as insulation and padding for the body. The stratum germinativum is a specific layer within the epidermis where new skin cells are generated, but it, too, does not contain any glands. Understanding the distinct functions and compositions of

9. What are capillaries primarily known for?

- A. Transporting hormones
- B. Transporting blood, nutrients, and oxygen to cells**
- C. Filtering waste from the body
- D. Storing blood

Capillaries are primarily known for their role in transporting blood, nutrients, and oxygen to cells. They are the smallest and most numerous blood vessels in the body, forming a network that connects arteries to veins. This extensive network allows for efficient exchange of oxygen, carbon dioxide, nutrients, and waste products between the blood and the surrounding tissues. The walls of capillaries are very thin, consisting of a single layer of endothelial cells, which facilitates the diffusion process. Through these thin walls, oxygen from the blood can pass into the tissues, while carbon dioxide and other metabolic waste products move from the cells back into the bloodstream for removal. This direct exchange is essential for maintaining cellular function and overall homeostasis in the body. In contrast, other choices describe functions not primarily associated with capillaries. For example, while hormones are transported through the bloodstream, this function is primarily handled by larger blood vessels rather than capillaries. Waste filtration is mainly a function of the kidneys and not the capillaries directly. Finally, blood storage is primarily the role of larger veins and specific organs like the spleen, rather than the capillary system. Thus, the central function of capillaries remains the delivery of oxygen and nutrients, as well as the removal

10. What is the primary role of the lymphatic system?

- A. It pumps blood throughout the body
- B. It is a one-way drainage system**
- C. It produces hormones
- D. It generates heat in the body

The primary role of the lymphatic system is indeed as a one-way drainage system. This system is crucial in maintaining fluid balance in the body by collecting excess tissue fluid, known as lymph, and returning it to the bloodstream. As the lymphatic vessels transport lymph, they aid in the removal of waste products and toxins from tissues. This function is vital for the body's immune response, as lymph carries immune cells and transports them to lymph nodes, where they can help identify and respond to pathogens. In contrast to the circulatory system, which has the heart to pump blood in a two-way system, the lymphatic system does not have a central pump. Instead, it relies on the movement of muscles, the pressure differences caused by breathing, and the smooth muscle within the lymphatic vessels to propel lymph in one direction—towards the heart. This unique structure distinguishes it from the functions of other systems noted in the choices.

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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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