

# Esthetician Student State Board Practice Exam (Sample)

## Study Guide



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

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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 is the term for an ingrown nail?**
  - A. Leukonchia**
  - B. Onychorcryptosis**
  - C. Onychororrhexis**
  - D. Pterygium**
  
- 2. Which of the following lasers is commonly used for skin resurfacing?**
  - A. Ruby**
  - B. YAG**
  - C. Erbium**
  - D. Alexander**
  
- 3. What type of bacteria does not require oxygen to grow or survive?**
  - A. Aerobix bacteria**
  - B. Anaerobix bacteria**
  - C. Facultative bacteria**
  - D. Microaerophilic bacteria**
  
- 4. How are general plastic surgeons typically characterized?**
  - A. They only perform eye surgeries.**
  - B. They specialize in skin treatments only.**
  - C. They perform both cosmetic and reconstructive surgeries.**
  - D. They do not perform surgeries related to the body.**
  
- 5. In dermatology, what does a freckle indicate?**
  - A. A solid bump**
  - B. A raised red bump**
  - C. Flaky skin cells**
  - D. A blemish larger than 1 cm**
  
- 6. What does an AMP measure?**
  - A. The amount of voltage in a circuit**
  - B. The amount of current flowing into a circuit**
  - C. The total energy used by an appliance**
  - D. The resistance of a material**

- 7. Which of the following is considered a method of disinfection?**
- A. Boiling water**
  - B. Direct sunlight exposure**
  - C. Mild soap and water**
  - D. Covering with a cloth**
- 8. What disease is caused by the varicella-zoster virus?**
- A. Chickenpox**
  - B. Shingles**
  - C. Herpes Simplex**
  - D. Warts**
- 9. Which of the following conditions is a contraindication for hydroxy acid treatments?**
- A. Dry skin**
  - B. Open lesions/skin cancers**
  - C. Oily skin**
  - D. Normal skin**
- 10. The major role of the respiratory system is to?**
- A. Protect organs**
  - B. Provide oxygen to the blood**
  - C. Move limbs**
  - D. Regulate hormone levels**

## **Answers**

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

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## **Explanations**

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## 1. What is the term for an ingrown nail?

- A. Leukonchia
- B. Onychocryptosis**
- C. Onychorrhexis
- D. Pterygium

The term for an ingrown nail is onychocryptosis. This condition occurs when the edge of the nail grows into the surrounding skin, often leading to pain, redness, and infection. Understanding this term is essential, especially in a professional setting, since ingrown nails can impact a client's comfort and overall nail health. Leukonchia refers to white spots or discolorations on the nails, often resulting from trauma or underlying health issues, but it does not pertain to the growth pattern of the nail itself. Onychorrhexis describes the splitting or brittle nature of the nails, which is a different condition entirely. Pterygium refers to a condition in which the skin grows over the nail bed, often seen in cases of certain skin diseases or conditions but unrelated to the phenomenon of ingrowth. Knowing the correct terminology helps in diagnosing and providing appropriate care for nail-related issues in esthetics.

## 2. Which of the following lasers is commonly used for skin resurfacing?

- A. Ruby
- B. YAG
- C. Erbium**
- D. Alexander

The Erbium laser is commonly used for skin resurfacing due to its specific wavelength and ability to precisely target the water in the skin's tissues. This characteristic allows it to remove the outer layers of the skin effectively, promoting collagen production and encouraging the regeneration of new skin cells. Consequently, this laser is often employed for various skin concerns such as wrinkles, fine lines, and texture irregularities. In addition, the Erbium laser is favored for its minimal thermal damage to surrounding tissues, which helps to reduce recovery time and improve overall patient comfort during the healing process. This makes it a highly effective choice for those seeking skin rejuvenation and resurfacing treatments, allowing for significant improvements with a relatively lower risk of complications compared to other laser types. While other lasers also have their applications in aesthetic treatments, such as the Ruby and Alexander lasers, they are not primarily known for skin resurfacing. The YAG laser, although versatile and used for various procedures, is generally more focused on deeper tissue treatments rather than surface-level correction, making the Erbium laser the most suitable option for this particular application.

**3. What type of bacteria does not require oxygen to grow or survive?**

- A. Aerobix bacteria**
- B. Anaerobix bacteria**
- C. Facultative bacteria**
- D. Microaerophilic bacteria**

Anaerobic bacteria are uniquely adapted to grow and thrive in environments devoid of oxygen. These bacteria possess metabolic processes that allow them to derive energy from organic or inorganic compounds without needing oxygen as a terminal electron acceptor. This characteristic makes them essential in various ecological systems, particularly in the breakdown of organic matter and in certain medical contexts where infections are caused by anaerobic pathogens. In contrast, aerobic bacteria require oxygen for their metabolic processes, as they utilize it in cellular respiration to produce energy. Facultative bacteria can adapt to either aerobic or anaerobic conditions, switching their metabolic processes based on the availability of oxygen, while microaerophilic bacteria thrive in environments with low levels of oxygen but still require some oxygen to survive. This distinction underscores why anaerobic bacteria are classified separately and are critical in settings where oxygen is limited.

**4. How are general plastic surgeons typically characterized?**

- A. They only perform eye surgeries.**
- B. They specialize in skin treatments only.**
- C. They perform both cosmetic and reconstructive surgeries.**
- D. They do not perform surgeries related to the body.**

General plastic surgeons are characterized by their ability to perform both cosmetic and reconstructive surgeries. This dual specialization allows them to enhance appearance through cosmetic procedures, such as facelifts and breast augmentations, while also addressing medical needs through reconstructive surgeries, such as repairing congenital defects, injuries, or mastectomy reconstruction. Plastic surgeons are trained in a variety of techniques and methods that enable them to focus on improving the aesthetic and functional aspects of a patient's form and structure. The other choices do not accurately reflect the scope of practice for general plastic surgeons. Limiting their practice to only eye surgeries or skin treatments does not encompass the full range of their training and capabilities. Additionally, suggesting that they do not perform surgeries related to the body misrepresents their role, as they are deeply involved in surgical procedures across multiple areas of the body.

## 5. In dermatology, what does a freckle indicate?

- A. A solid bump
- B. A raised red bump
- C. Flaky skin cells
- D. A blemish larger than 1 cm**

A freckle is a small, flat, pigmented spot on the skin, typically less than 1 cm in size and often tan, brown, or reddish. They occur due to an increase in the production of melanin, often as a response to sunlight exposure. Recognizing that a freckle is not a blemish larger than 1 cm is key; it is actually smaller and flat. The correct choice emphasizes understanding that rather than a larger blemish, freckles are much smaller, indicating areas of skin that have accumulated melanin, typically associated with sun exposure and genetic predisposition. The incorrect options focus on characteristics that do not apply to freckles. For example, a solid bump or a raised red bump refers to different dermatological conditions, such as cysts or dermatofibromas, which are distinctly different from the flat, pigmented nature of freckles. Flaky skin cells, while indicative of various skin conditions like eczema or psoriasis, are unrelated to the pigmentation and size characteristics of freckles. By understanding the proper definition and characteristics of freckles, students can better identify them and differentiate them from other skin conditions.

## 6. What does an AMP measure?

- A. The amount of voltage in a circuit
- B. The amount of current flowing into a circuit**
- C. The total energy used by an appliance
- D. The resistance of a material

The AMP, or ampere, measures the amount of current flowing in a circuit. Current refers to the flow of electric charge, and the ampere is the standard unit used to quantify this flow. Understanding current is crucial for estheticians, especially when dealing with electrical equipment such as machines used for various skin treatments. By measuring the current, one can ensure that the devices are operating within safe and effective parameters. Other measurements such as voltage, energy, and resistance pertain to different aspects of electrical concepts. Voltage measures the potential difference in a circuit, total energy addresses consumption over time, and resistance quantifies how much a material opposes the flow of current. Each of these measurements serves its purpose, but for assessing how much current is present in a circuit, the amp is the appropriate unit of measurement.

**7. Which of the following is considered a method of disinfection?**

- A. Boiling water**
- B. Direct sunlight exposure**
- C. Mild soap and water**
- D. Covering with a cloth**

Boiling water is recognized as a method of disinfection because it is capable of killing a wide range of pathogens, including bacteria, viruses, and some spores, by subjecting them to high temperatures. This process helps ensure that surfaces or tools used in esthetics are free from harmful microorganisms, which is crucial for maintaining a safe environment for clients. In contrast, direct sunlight exposure can assist in reducing the levels of certain types of germs, but it may not be consistent or reliable for complete disinfection due to varying factors like intensity and duration of exposure. Mild soap and water are effective for cleaning but do not guarantee the elimination of all pathogens, which is required for true disinfection. Covering items with a cloth may help protect them from dust and debris but does not kill microbes or disinfect surfaces, making it an ineffective method for clinical disinfection.

**8. What disease is caused by the varicella-zoster virus?**

- A. Chickenpox**
- B. Shingles**
- C. Herpes Simplex**
- D. Warts**

The disease caused by the varicella-zoster virus is indeed shingles. This virus is part of the herpes virus family and is responsible for two distinct conditions depending on the stage of the infection. Initially, when a person is first infected with the varicella-zoster virus, it leads to chickenpox, primarily characterized by its itchy rash and flu-like symptoms. After recovery, the virus can remain dormant in the body and may reactivate later in life, leading to shingles. Shingles presents with a painful rash, often in a band-like pattern, typically on one side of the body. This reactivation usually occurs when the immune system is weakened due to stress, illness, or aging, making shingles distinct from the initial chickenpox infection. Understanding the relationship between chickenpox and shingles is crucial for estheticians, as knowledge of viral infections can impact treatment decisions and client safety in a skincare setting.

**9. Which of the following conditions is a contraindication for hydroxy acid treatments?**

- A. Dry skin**
- B. Open lesions/skin cancers**
- C. Oily skin**
- D. Normal skin**

The presence of open lesions or skin cancers is a contraindication for hydroxy acid treatments because these conditions can exacerbate skin irritation and lead to further complications. Hydroxy acids, which are used for exfoliation and improving the skin's texture, can penetrate the skin and cause additional trauma to areas that are already compromised. When skin integrity is disrupted, applying products that have exfoliating properties can increase the risk of infection, inflammation, or aggravation of existing issues. Therefore, it is crucial for estheticians to avoid such treatments on any area where the skin barrier is broken or where malignancies are present, ensuring the safety and well-being of the client.

**10. The major role of the respiratory system is to?**

- A. Protect organs**
- B. Provide oxygen to the blood**
- C. Move limbs**
- D. Regulate hormone levels**

The major role of the respiratory system is to provide oxygen to the blood, which is essential for sustaining life. When we inhale, oxygen from the air enters the lungs and diffuses into the bloodstream through the alveoli, the tiny air sacs within the lungs. This oxygen is then transported by the blood to the body's tissues and organs, where it is utilized for cellular respiration, a process that generates energy. In addition to facilitating oxygen intake, the respiratory system also plays a crucial role in the removal of carbon dioxide, a byproduct of metabolism, from the body. This exchange of gases is vital for maintaining the acid-base balance in the body and ensuring that metabolic processes can occur efficiently. While protecting organs, moving limbs, and regulating hormone levels are important functions carried out by other systems in the body, they do not fall under the primary responsibilities of the respiratory system. The focus of this system is specifically on gas exchange and the maintenance of oxygen levels in the blood, making it a fundamental component of overall health and well-being.

# 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://estheticianstateboard.examzify.com>**

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

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