

ESTHETICS CORE WRITTEN PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. When is it appropriate to dispense products using the method suggested for maintaining hygiene?**
 - A. Only at the end of the day
 - B. When working with multiple clients
 - C. During break times
 - D. When cleaning the workspace
- 2. What process describes the shedding of keratinocytes from the skin?**
 - A. Desquamation
 - B. Regeneration
 - C. Ossification
 - D. Exfoliation
- 3. Which of the following best describes a contraindication?**
 - A. A guideline for appropriate treatment
 - B. A factor that prevents a treatment from being performed
 - C. A suggestion for treatment enhancements
 - D. A requirement for safety measures
- 4. What does Bromhidrosis refer to?**
 - A. An overproduction of oil
 - B. A foul smelling perspiration
 - C. A skin rash from allergic response
 - D. A fungal infection
- 5. What is keratin?**
 - A. A type of skin toner
 - B. A fibrous protein that makes up the outer layer of skin and hair
 - C. A natural oil in the skin
 - D. A type of UV filter
- 6. What are the 5 basic massage techniques?**
 - A. Effleurage, rubbing, shaking, stretching, and kneading
 - B. Effleurage, petrissage, friction, tapotement, and vibration
 - C. Pressing, rolling, kneading, stroking, and clapping
 - D. Friction, tapping, rubbing, stroking, and compressing

7. Who governs esthetics licenses in Georgia State?

- A. The Georgia Department of Health
- B. The Georgia Board of Cosmetology
- C. The Georgia State Licensing Authority
- D. The Georgia Health and Human Services

8. What is typically the last step in a facial treatment process?

- A. Mask application
- B. Moisturization
- C. Post consultation review
- D. Exfoliation

9. Which type of melanin is described as dark brown or black?

- A. Pheomelanin
- B. Carotene
- C. Eumelanin
- D. Chloasma

10. Is wearing gloves during extraction processes optional or mandatory?

- A. Optional
- B. Mandatory
- C. Dependent on the situation
- D. Rarely required

Answers

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

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Explanations

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1. When is it appropriate to dispense products using the method suggested for maintaining hygiene?

- A. Only at the end of the day
- B. When working with multiple clients**
- C. During break times
- D. When cleaning the workspace

Dispensing products using hygienic methods is essential to ensure the safety and health of clients, especially in an esthetic setting. It is particularly important when working with multiple clients, as cross-contamination can easily occur. By following the recommended hygiene practices during client interactions, estheticians minimize the risk of transferring bacteria or other pathogens from one client to another, which is crucial for maintaining client safety and adhering to sanitation regulations. Using proper hygiene methods ensures that each client receives products that are uncontaminated and safe for use. This is especially important in environments where skin integrity is compromised, or where clients may have allergies or sensitivities. Proper hygiene practices also help build trust with clients, as they can feel confident that their esthetician is taking all necessary precautions to protect their health. In contrast, the other choices do not align with best practices for product dispensing. Dispensing only at the end of the day could mean that products are not fresh for client use, while doing so during break times or while cleaning the workspace may not guarantee that the products remain uncontaminated. Therefore, the most appropriate time to dispense products, emphasizing hygiene, is indeed when working with multiple clients.

2. What process describes the shedding of keratinocytes from the skin?

- A. Desquamation**
- B. Regeneration
- C. Ossification
- D. Exfoliation

The process that describes the shedding of keratinocytes from the skin is known as desquamation. This is a natural and continuous process where the outermost layer of the epidermis, which consists of dead skin cells or keratinocytes, is sloughed off to make way for newer cells that have pushed up from the lower layers of the skin. Desquamation plays a crucial role in maintaining skin health and appearance by allowing for cellular turnover, helping to remove damaged or old cells and enabling the skin to rejuvenate. This process also supports proper skin function, as it helps prevent the buildup of dead cells that can lead to clogged pores and other skin issues. In contrast, regeneration refers to the process of repairing and renewing tissues, ossification is related to the formation of bone, and exfoliation typically describes the physical or chemical removal of dead skin cells rather than the biological process of shedding itself.

3. Which of the following best describes a contraindication?

- A. A guideline for appropriate treatment
- B. A factor that prevents a treatment from being performed**
- C. A suggestion for treatment enhancements
- D. A requirement for safety measures

A contraindication refers to a specific factor or condition that serves as a reason to withhold a certain treatment due to the potential for harm or adverse effects. This means that if a contraindication is identified, it indicates that proceeding with the treatment could pose risks to the client's health or safety. For instance, if a client has a certain skin condition or is taking medication that may react negatively to a treatment, this would be classified as a contraindication. Understanding contraindications is crucial in the field of esthetics, as it helps practitioners make informed decisions to protect their clients. The other options describe different concepts related to treatment and safety. Guidelines for treatment and suggestions for enhancements focus on best practices and improvements, while requirements for safety measures concentrate on protocols to ensure a secure environment for the client. None of these capture the essence of contraindications, which specifically highlight the factors that prevent a treatment from being performed.

4. What does Bromhidrosis refer to?

- A. An overproduction of oil
- B. A foul smelling perspiration**
- C. A skin rash from allergic response
- D. A fungal infection

Bromhidrosis specifically refers to a condition characterized by foul-smelling perspiration, often resulting from the interaction of sweat with bacteria on the skin. This condition can occur in various areas of the body, particularly where sweat glands are more concentrated, such as the underarms and feet. The unpleasant odor associated with bromhidrosis is typically due to the breakdown of sweat by bacteria, leading to the production of odorous compounds. While some sweat itself is odorless, the presence of specific bacteria and the metabolic processes they engage in can lead to the smell that defines this condition. The other options, while related to skin and sweat conditions, do not accurately define bromhidrosis. Overproduction of oil does not involve odor and is generally referred to as seborrhea or oily skin. A skin rash from an allergic response pertains to allergic reactions, which can cause redness, itching, and inflammation but are not connected to odor. A fungal infection involves the presence of fungi and can lead to various symptoms like itching and skin changes but does not relate to the specific odor associated with bromhidrosis.

5. What is keratin?

- A. A type of skin toner
- B. A fibrous protein that makes up the outer layer of skin and hair**
- C. A natural oil in the skin
- D. A type of UV filter

Keratin is a fibrous protein that serves as a key structural component in the outer layer of skin, hair, and nails. It plays a crucial role in providing strength and resilience to these tissues, which helps protect them from damage and environmental stressors. Keratin forms a protective barrier, helping to prevent water loss and maintain hydration, making it an essential protein in the overall health and appearance of the skin and hair. The other options do not accurately describe keratin; a skin toner is related to skin care products, natural oils pertain to lipid components in the skin, and UV filters are designed to protect against ultraviolet radiation. Thus, the description of keratin as a fibrous protein is the most accurate among the given choices, highlighting its fundamental role in dermatology and esthetics.

6. What are the 5 basic massage techniques?

- A. Effleurage, rubbing, shaking, stretching, and kneading
- B. Effleurage, petrissage, friction, tapotement, and vibration**
- C. Pressing, rolling, kneading, stroking, and clapping
- D. Friction, tapping, rubbing, stroking, and compressing

The five basic massage techniques are effleurage, petrissage, friction, tapotement, and vibration. Each of these techniques serves a unique purpose and utilizes different movements to promote relaxation and improve circulation. Effleurage involves long, sweeping strokes that help to warm up the muscles and provide a gentle introduction to the massage. Petrissage involves kneading and squeezing the muscles, promoting deeper relaxation and aiding in the removal of toxins. Friction is characterized by deep, circular movements that target specific areas of tension, enhancing circulation in those areas. Tapotement consists of rhythmic tapping or percussion motions, which can stimulate and invigorate the muscles. Lastly, vibration involves the use of rapid, shaking movements, which can be both calming and energizing, helping to release tension in the body. These established techniques provide a comprehensive foundation for effective massage therapy, ensuring a balance of both relaxation and therapeutic benefits.

7. Who governs esthetics licenses in Georgia State?

- A. The Georgia Department of Health
- B. The Georgia Board of Cosmetology**
- C. The Georgia State Licensing Authority
- D. The Georgia Health and Human Services

The governance of esthetics licenses in Georgia is under the jurisdiction of the Georgia Board of Cosmetology. This board is responsible for the licensing, regulation, and oversight of various beauty professionals, including estheticians, ensuring they meet the required educational and professional standards. The board sets the rules and regulations surrounding the practice of esthetics, which includes the examination, licensure, and continuing education requirements for professionals in the field. In this context, while other entities may play roles in broader health or governmental functions, the specific oversight of esthetics licensing is distinctly managed by the Georgia Board of Cosmetology. Their focus on the beauty industry ensures that estheticians practice safely and effectively, promoting public health and wellbeing through regulated standards of practice.

8. What is typically the last step in a facial treatment process?

- A. Mask application
- B. Moisturization
- C. Post consultation review**
- D. Exfoliation

The final step in a facial treatment process is crucial for ensuring the client leaves with a clear understanding of their skin's needs and how to maintain their results. Conducting a post consultation review serves essential functions: it allows the esthetician to discuss the treatments performed, answer any questions, and recommend home care products tailored to the client's skin type and concerns. This stage presents an opportunity for client education, reinforcing the importance of ongoing skincare and enabling the client to make informed decisions for their skin health. In contrast, the application of a mask, moisturization, and exfoliation are integral steps in the treatment itself, focused on preparing and caring for the skin during the facial. These preceding steps enhance the skin's texture, hydration, and overall appearance but do not provide the critical discussion and follow-up needed to ensure the client's skin care journey continues effectively after the treatment has concluded.

9. Which type of melanin is described as dark brown or black?

- A. Pheomelanin
- B. Carotene
- C. Eumelanin**
- D. Chloasma

The type of melanin described as dark brown or black is eumelanin. This pigment plays a crucial role in determining skin and hair color, with higher concentrations contributing to darker shades. Eumelanin is particularly important in protecting the skin from ultraviolet (UV) radiation, as it absorbs UV light and reduces the risk of skin damage. In contrast, pheomelanin is responsible for lighter colors such as blonde and red hair, and is yellowish or reddish in appearance. Carotene is not a form of melanin; it is a pigment related to the orange color found in carrots and other vegetables, affecting skin tone when present in high amounts. Chloasma, also known as melasma, is a condition characterized by dark patches of skin that can result from hormonal changes, but it does not refer to a type of melanin. Understanding these distinctions emphasizes the unique role of eumelanin in pigmentation and skin health.

10. Is wearing gloves during extraction processes optional or mandatory?

- A. Optional
- B. Mandatory**
- C. Dependent on the situation
- D. Rarely required

Wearing gloves during extraction processes is considered mandatory due to several important health and safety reasons. Gloves serve as a critical barrier between the esthetician and the client, minimizing the risk of cross-contamination and infection. The skin can have microorganisms, and procedures that involve extractions can create openings where bacteria might enter, potentially leading to infections if proper hygiene is not observed. Additionally, wearing gloves protects the esthetician from coming into direct contact with any fluids or materials involved in the extraction process, thereby safeguarding their health. The use of gloves is aligned with standard infection control practices in the beauty and health industries, ensuring that all procedures are performed in a safe and hygienic manner. This practice not only protects clients but also adheres to the regulatory standards that govern personal care services. Overall, using gloves is a fundamental part of maintaining a clean and professional environment during any procedure that involves risk of exposure to bodily fluids or breaks in the 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.

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

<https://estheticscore.examzify.com>

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

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