Idaho State Boards Esthetician Written Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

Questions

1. What symbol typically marks a cathode in electrical applications?

A. Positive symbol

B. Negative symbol

C. Neutral symbol

D. Ground symbol

2. Clients with pacemakers or heart irregularities should steer clear of?

A. Moisturizing treatments

B. Electric treatments

C. Exfoliating treatments

D. Facial masks

3. What is the primary benefit of antioxidant-rich foods?

A. They promote faster healing

B. They combat oxidative stress

C. They promote hair growth

D. They reduce oil production

4. Which condition is characterized by the thickening of the skin in response to chronic irritation?

A. Asteatosis

B. Psoriasis

C. Keratosis

D. Eczema

5. Dry hair and scalp should be treated with products that contain moisturizers and:

A. Surfactants

B. Emollients

C. Proteins

D. Dyes

6. What type of massage technique is known as percussion?

- **A. Friction**
- **B. Tapotement**
- **C. Effleurage**
- **D. Petrissage**

7. Which of the following is one of the mediums commonly used with lasers?

- **A. Liquid**
- **B. Gas**
- **C. Solid**
- **D. Plasma**

8. During which phase is the hair actively growing?

- **A. Catagen phase**
- **B. Telogen phase**
- **C. Anagen phase**
- **D. Exogen phase**

9. What is a watt?

- **A. A measurement of electric current**
- **B. A measurement of electric energy used in one second**
- **C. A type of energy conversion**
- **D. A unit of resistance**

10. What does alkaline refer to in terms of pH?

- **A. A pH lower than 7**
- **B. A pH equal to 7**
- **C. A pH higher than 7**
- **D. A pH around 5**

Answers

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

Explanations

1. What symbol typically marks a cathode in electrical applications?

A. Positive symbol

B. Negative symbol

C. Neutral symbol

D. Ground symbol

In electrical applications, the cathode is typically marked with a negative symbol. This is because, in a circuit, the cathode is the electrode through which current flows out of a device, such as a battery or a diode. In electrochemistry, the cathode is where reduction occurs, and electrons flow into the system, aligning with the negative charge. Understanding the role of the cathode is essential in various applications, such as electronics and electrolysis. Using the negative symbol to represent it is consistent across most disciplines where electrical current is involved. This convention helps distinguish the cathode from the anode, which is marked with a positive symbol, indicating where current is entering a device.

2. Clients with pacemakers or heart irregularities should steer clear of?

A. Moisturizing treatments

B. Electric treatments

C. Exfoliating treatments

D. Facial masks

Clients with pacemakers or heart irregularities should avoid electric treatments due to the potential risk posed by electrical currents. Electric treatments, such as galvanic or high-frequency methods, use electrical impulses to enhance various skin conditions but can interfere with the function of pacemakers or exacerbate existing heart conditions. These electrical devices are designed to stimulate muscles or enhance circulation, but the introduction of electric currents in clients with these conditions could lead to serious complications, including arrhythmias or disruption of normal pacemaker function. In contrast, moisturizing treatments, exfoliating treatments, and facial masks typically do not involve any electrical components, making them safer alternatives for clients with heart issues. These treatments focus on topical application and physical benefits without the risk associated with electrical stimulation. Understanding this distinction is crucial for ensuring client safety and selecting appropriate services that cater to individual health concerns.

3. What is the primary benefit of antioxidant-rich foods?

A. They promote faster healing

B. They combat oxidative stress

C. They promote hair growth

D. They reduce oil production

Antioxidant-rich foods are primarily recognized for their role in combating oxidative stress, which occurs when there is an imbalance between free radicals and antioxidants in the body. Free radicals are unstable molecules that can cause cellular damage, leading to various health issues, including inflammation and chronic diseases. Antioxidants neutralize these free radicals, helping to protect cells from damage and support overall health. Incorporating antioxidant-rich foods into one's diet can also contribute to various physiological benefits, such as enhancing immune function and potentially reducing the risk of certain diseases. While promoting faster healing, hair growth, and regulating oil production may have some relation to overall nutrition and health, these aspects are secondary to the fundamental role of antioxidants in managing oxidative stress. Therefore, combating oxidative stress is the most significant and direct benefit of consuming foods rich in antioxidants.

4. Which condition is characterized by the thickening of the skin in response to chronic irritation?

A. Asteatosis

B. Psoriasis

C. Keratosis

D. Eczema

The condition characterized by the thickening of the skin in response to chronic irritation is keratosis. This occurs when the skin's natural response to frequent friction, pressure, or irritation leads to an increased production of keratin, which is a key protein in the skin. This thickening can protect the underlying layers of skin but may also result in the formation of rough patches or even lesions in some cases. Keratosis can manifest itself in various forms, such as seborrheic keratosis or actinic keratosis, and is often seen in areas of the body that experience friction or damage over time. The body's attempt to safeguard itself through thickening can be mistaken for other skin conditions but is distinct in its mechanism and presentation. Understanding this concept is crucial for recognizing how skin responds to environmental factors and underscores the importance of managing chronic irritation to prevent excessive thickening or other skin complications.

5. Dry hair and scalp should be treated with products that contain moisturizers and:

A. Surfactants

B. Emollients

C. Proteins

D. Dyes

The treatment for dry hair and scalp should focus on replenishing moisture and providing nourishment. Emollients are the correct choice as they are substances that help to soften and soothe the skin or hair. They create a barrier on the surface that prevents water loss, effectively hydrating and improving the overall texture of dry hair and scalp. In contrast, surfactants are generally used for cleaning and may not offer any moisturizing benefits; they can even be too harsh for dry conditions. Proteins can provide structure and strength to the hair but are typically more suitable for strengthening rather than moisturizing. Dyes primarily serve aesthetic purposes and do not contribute to improving moisture levels. Therefore, emollients are essential in the formulation of products designed to tackle dryness, making this choice the most appropriate for treating these conditions.

6. What type of massage technique is known as percussion?

A. Friction

B. Tapotement

C. Effleurage

D. Petrissage

The massage technique known as percussion is tapotement. This technique involves rhythmic, tapping motions, typically done with the edges of the hands, fingers, or even the palms. It is characterized by its quick, alternating strikes, which can stimulate the nervous system, improve circulation, and enhance muscle tone. Tapotement is often used in a therapeutic context to invigorate a client's body and can be especially effective during the latter stages of a massage. It is distinct from other techniques as it aims to stimulate rather than soothe, which is evident in the more gentle sweeping motions of effleurage, the kneading actions of petrissage, and the rubbing actions of friction. Understanding the unique characteristics of each technique is crucial for effective application in various therapeutic contexts, making recognition of tapotement as percussion vital for estheticians and massage therapists.

7. Which of the following is one of the mediums commonly used with lasers?

A. Liquid

B. Gas

C. Solid

D. Plasma

Lasers operate based on the principle of stimulated emission of radiation, and the specific medium used plays a critical role in generating the laser light. In this case, gas is indeed one of the common mediums used with lasers. Gas lasers utilize a gas as the medium for producing laser light, which can include various types of gases, such as helium-neon or carbon dioxide. Gas lasers work by passing an electric current through the gas, which excites the molecules and, when they return to a lower energy state, they emit photons (light). This process is highly efficient and allows for a range of wavelengths, making gas lasers versatile for various applications in medical and cosmetic settings. While liquids, solids, and plasma can also be involved in other types of lasers, gas as a medium is particularly significant and widely recognized in the context of laser technology. Understanding the specific roles and characteristics of different mediums helps to clarify the principles, applications, and functionalities of various lasers in esthetic practices.

8. During which phase is the hair actively growing?

A. Catagen phase

B. Telogen phase

C. Anagen phase

D. Exogen phase

The hair is actively growing during the anagen phase. This phase is characterized by the robust activity of the hair follicles, leading to hair growth. In this stage, cells in the hair bulb divide rapidly, which results in the elongation of the hair strand. Most of the hair on the scalp is typically in the anagen phase at any given time, and this phase can last for several years, depending on various factors including genetics and overall health. In contrast, during the catagen phase, hair growth slows down and the hair follicle begins to shrink, marking a transition period. The telogen phase is a resting stage where the hair is not actively growing and is eventually shed. While the exogen phase refers to the actual shedding of the hair, it does not involve growth but rather the culmination of the hair's lifecycle. Understanding these phases is crucial for estheticians and anyone involved in hair treatment, as it influences how they approach hair care and treatment strategies.

9. What is a watt?

A. A measurement of electric current

B. A measurement of electric energy used in one second

C. A type of energy conversion

D. A unit of resistance

A watt is defined as a measurement of electric energy used in one second. In more technical terms, it quantifies the rate at which electrical energy is consumed or produced. Specifically, one watt is equal to one joule of energy per second. This definition helps illustrate how watts relate to power, which is crucial in understanding electrical systems, including those used in esthetician equipment like LED devices or machines that require specific wattage for optimal performance. The concept of measuring electric energy in terms of time allows professionals to assess the efficiency and power consumption of various tools and devices used in esthetics. Understanding how watts function helps estheticians choose the right equipment that meets their needs without excess energy use.

10. What does alkaline refer to in terms of pH?

A. A pH lower than 7

B. A pH equal to 7

C. A pH higher than 7

D. A pH around 5

Alkaline refers to substances that have a pH higher than 7. In the context of pH scale, which ranges from 0 to 14, a pH of 7 is considered neutral. Values below 7 indicate acidity, while values above 7 indicate alkalinity. Therefore, alkaline solutions, such as certain soaps or baking soda, can neutralize acids and usually exhibit properties such as a slippery feel and a bitter taste. This characteristic is important in various applications within esthetics, including the formulation of skin care products and assessing skin pH, which plays a vital role in the skin's overall health and appearance. Understanding the concept of alkaline solutions helps estheticians make informed decisions when selecting products for different skin types.