

Idaho State Boards Esthetician Written 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 primary purpose of the Arrector pili muscle?

- A. To store fat**
- B. To assist in hair growth**
- C. To cause hair to stand up**
- D. To protect against bacteria**

2. What do endocrine glands secrete?

- A. Enzymes**
- B. Hormones**
- C. Antibodies**
- D. Salts**

3. Shading the inner corners of the eyes is beneficial for which eye shape?

- A. Close set eyes**
- B. Wide set eyes**
- C. Round eyes**
- D. Almond eyes**

4. How do hormones affect the skin?

- A. Increase sensitivity**
- B. Cause dryness**
- C. Induce acne and pigmentation**
- D. Change texture**

5. What is the second step in the skin analysis process?

- A. Moisturizing the skin**
- B. Cleansing the skin**
- C. Exfoliating the skin**
- D. Assessing skin type**

6. Which skin type is known to age the slowest?

- A. Fair skin**
- B. Olive skin**
- C. Black skin**
- D. Tan skin**

7. What term describes hair in the early, very fine stage of growth?

- A. Vellus**
- B. Terminal**
- C. Lanugo**
- D. Fellus**

8. What type of skin has small pores?

- A. Oily**
- B. Dry/Normal**
- C. Combination**
- D. Sensitive**

9. What is the uppermost layer of the epidermis called?

- A. Stratum granulosum**
- B. Stratum lucidum**
- C. Stratum spinosum**
- D. Stratum corneum**

10. Products containing which of the following can reduce visible signs of aging?

- A. Vitamin D**
- B. Vitamin C**
- C. Vitamin A or alpha hydroxy acids**
- D. Vitamin E**

Answers

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

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Explanations

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1. What is the primary purpose of the Arrector pili muscle?

- A. To store fat
- B. To assist in hair growth
- C. To cause hair to stand up**
- D. To protect against bacteria

The primary purpose of the Arrector pili muscle is to cause hair to stand up. This small, smooth muscle is attached to hair follicles and is responsible for the phenomenon commonly referred to as "goosebumps." When the body experiences cold temperatures or emotional responses such as fear or excitement, the Arrector pili muscles contract. This contraction pulls the hair follicle and causes the hair to stand upright, which can create a layer of insulation to retain heat or make an individual appear larger to threats. The other options do not accurately describe the primary function of the Arrector pili muscle. While hair growth is influenced by various factors including genetics and hormones, the muscle itself does not play a direct role in this process. Additionally, the muscle does not have a function related to fat storage or protection against bacteria. Its primary action is specifically focused on affecting the position of hair in response to external stimuli.

2. What do endocrine glands secrete?

- A. Enzymes
- B. Hormones**
- C. Antibodies
- D. Salts

Endocrine glands are specialized organs within the endocrine system that have the primary function of producing and releasing hormones directly into the bloodstream. Hormones are chemical messengers that play a crucial role in regulating various bodily functions, including metabolism, growth and development, tissue function, sexual function, reproduction, sleep, and mood, among others. By secreting hormones, these glands help maintain homeostasis and facilitate communication between different parts of the body. In contrast, enzymes are secreted by glands associated with the digestive system rather than the endocrine system. Antibodies are produced by the immune system to identify and neutralize pathogens like bacteria and viruses, not by endocrine glands. Salts may be involved in various physiological processes but are not secreted by endocrine glands as part of their primary function. Thus, hormones are the correct secretion from endocrine glands, highlighting their essential role in bodily regulation.

3. Shading the inner corners of the eyes is beneficial for which eye shape?

- A. Close set eyes**
- B. Wide set eyes**
- C. Round eyes**
- D. Almond eyes**

Shading the inner corners of the eyes is particularly beneficial for wide set eyes as it serves to create the illusion of closer set eyes. By applying darker shades towards the inner corners, the makeup helps to draw attention inward, which effectively balances the proportions of the face and enhances the overall symmetry. This technique can visually bring wide-set eyes closer together, making them appear more proportionate in relation to the rest of the facial features. In contrast, other eye shapes like close set, round, and almond may require different approaches. For instance, close-set eyes benefit from highlighting the inner corners rather than shading, to open them up and highlight their natural shape. Round eyes typically need makeup techniques that elongate and define, while almond eyes are often flattered by techniques that emphasize their naturally elongated shape. Each eye shape has its own aesthetic considerations, further highlighting the unique benefits of shading techniques for wide set eyes.

4. How do hormones affect the skin?

- A. Increase sensitivity**
- B. Cause dryness**
- C. Induce acne and pigmentation**
- D. Change texture**

Hormones play a significant role in the health and appearance of the skin. They can impact various skin conditions and characteristics, particularly through the influence of androgens (like testosterone). Elevated levels of these hormones can lead to increased oil (sebum) production, which can clog pores and contribute to acne formation. Additionally, hormonal fluctuations can result in changes in pigmentation, such as melasma or post-inflammatory hyperpigmentation, particularly during hormonal changes like pregnancy or menstruation. These hormonal influences on both acne and pigmentation make option C the most comprehensive and correct answer. Understanding these effects is essential for estheticians, as it helps address clients' skin issues effectively and create appropriate treatment plans that take hormonal impacts into consideration.

5. What is the second step in the skin analysis process?

- A. Moisturizing the skin
- B. Cleansing the skin**
- C. Exfoliating the skin
- D. Assessing skin type

The second step in the skin analysis process is cleansing the skin. This essential step prepares the skin for a thorough analysis by removing makeup, dirt, and oil. By ensuring that the skin is clean, an esthetician can accurately evaluate its condition, texture, and other characteristics without interference from surface contaminants. Cleansing enables an accurate assessment of the skin type and any issues such as dryness, oiliness, or sensitivity, which are critical for determining the appropriate treatment and products for the client. It's important to follow a specific order in the skin analysis process, with cleansing typically coming before deeper assessments and evaluations. Once the skin is cleansed, the esthetician can then proceed to apply any necessary tools or techniques to analyze the skin's specific needs more effectively.

6. Which skin type is known to age the slowest?

- A. Fair skin
- B. Olive skin
- C. Black skin**
- D. Tan skin

Black skin is recognized for its ability to resist the visible signs of aging longer than other skin types. This is primarily due to its higher melanin content, which offers greater protection against UV radiation and environmental stressors that contribute to skin aging. The increased melanin acts as a natural sunscreen, helping to prevent damage that leads to wrinkles, fine lines, and other age-related changes in the skin. Furthermore, individuals with black skin often have a thicker dermis and a more uniform skin texture, resulting in a slower progression of aging signs. This skin type typically shows fewer pigmentation issues, such as age spots, which can also contribute to the perception of youthfulness. The overall elasticity and hydration levels can remain more stable over a longer period, helping to maintain a firmer and more resilient appearance. While fair, olive, and tan skin types may present unique beauty attributes, they generally do not enjoy the same level of natural protection against aging as black skin does, thus leading to a more rapid appearance of age-related changes in those skin types.

7. What term describes hair in the early, very fine stage of growth?

- A. Vellus**
- B. Terminal**
- C. Lanugo**
- D. Fellus**

The term that describes hair in the early, very fine stage of growth is "Vellus." Vellus hair is typically soft, thin, and hardly noticeable, often referred to as "peach fuzz." This type of hair covers much of the human body, particularly in areas where terminal hair (the coarser, darker hair found on the scalp and in certain regions of the face and body) is less prevalent. Vellus hair is often more common in children and women, playing a role in regulating body temperature by providing a slight insulating effect. The other terms, while related to hair growth, refer to different stages or types of hair. Terminal hair indicates fully developed hair that is thicker and pigmented, while lanugo refers to the fine downy hair that covers a fetus in the womb and usually falls out before birth. Fellus is not a recognized term in the context of hair types. Understanding these classifications is important for estheticians when discussing hair removal and characteristics of hair growth on different parts of the body.

8. What type of skin has small pores?

- A. Oily**
- B. Dry/Normal**
- C. Combination**
- D. Sensitive**

The type of skin characterized by small pores is typically classified as dry or normal skin. This is because in dry or normal skin types, the skin tends to have a balanced production of sebum, leading to a finer texture and smaller, less visible pores. In contrast, oily skin is characterized by enlarged pores due to an overproduction of sebum, which can make the pores appear larger and more noticeable. Combination skin displays characteristics of both oily and dry skin, often with larger pores in the T-zone and smaller pores elsewhere, while sensitive skin can vary but is not specifically defined by pore size. Therefore, the classification of small pores aligns with the traits commonly associated with dry or normal skin, making it the best answer.

9. What is the uppermost layer of the epidermis called?

- A. **Stratum granulosum**
- B. **Stratum lucidum**
- C. **Stratum spinosum**
- D. Stratum corneum**

The uppermost layer of the epidermis is known as the stratum corneum. This layer consists of dead, flattened skin cells that are rich in keratin, providing a protective barrier to the underlying layers of the skin. The primary function of the stratum corneum is to protect against environmental damage, prevent water loss, and to support the skin's overall structure and integrity. It's important to understand that the other layers mentioned play significant roles in the overall function of the epidermis, but they are located beneath the stratum corneum. For instance, the stratum granulosum is involved in the process of keratinization, where cells begin to die and become part of the barrier layer, while the stratum lucidum is a thin layer found only in certain areas of thicker skin, such as the palms or soles. The stratum spinosum provides strength and flexibility to the skin due to its network of desmosomes connecting the cells, but these layers do not represent the outermost boundary of the epidermis. Understanding the unique characteristics and functions of each layer enhances the knowledge of skin structure and care.

10. Products containing which of the following can reduce visible signs of aging?

- A. **Vitamin D**
- B. **Vitamin C**
- C. Vitamin A or alpha hydroxy acids**
- D. **Vitamin E**

The correct answer focuses on the benefits of Vitamin A and alpha hydroxy acids (AHAs) in combating the visible signs of aging. Vitamin A is renowned for its ability to promote skin cell turnover and improve the texture and tone of the skin. It helps in reducing fine lines and wrinkles by stimulating collagen production, which is crucial for maintaining skin elasticity. Additionally, AHAs, which include ingredients like glycolic acid, function as exfoliants. They help remove dead skin cells from the surface, revealing fresher, more youthful skin underneath. Together, Vitamin A and AHAs work synergistically to enhance skin renewal and improve the overall appearance, making them effective choices in anti-aging skincare formulations. This aligns with esthetic practices aimed at reducing the signs of aging and promoting a more youthful complexion. While Vitamin D and Vitamin E also have beneficial properties for skin health and can support overall skin function, they do not specifically target the signs of aging in the same direct manner as Vitamin A and AHAs. Vitamin C is also known for its antioxidant properties and its ability to brighten skin, but it primarily focuses on protecting against environmental damage rather than reducing aging signs in the way Vitamin A and AHAs do.

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://idestheticianboard.examzify.com>

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

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