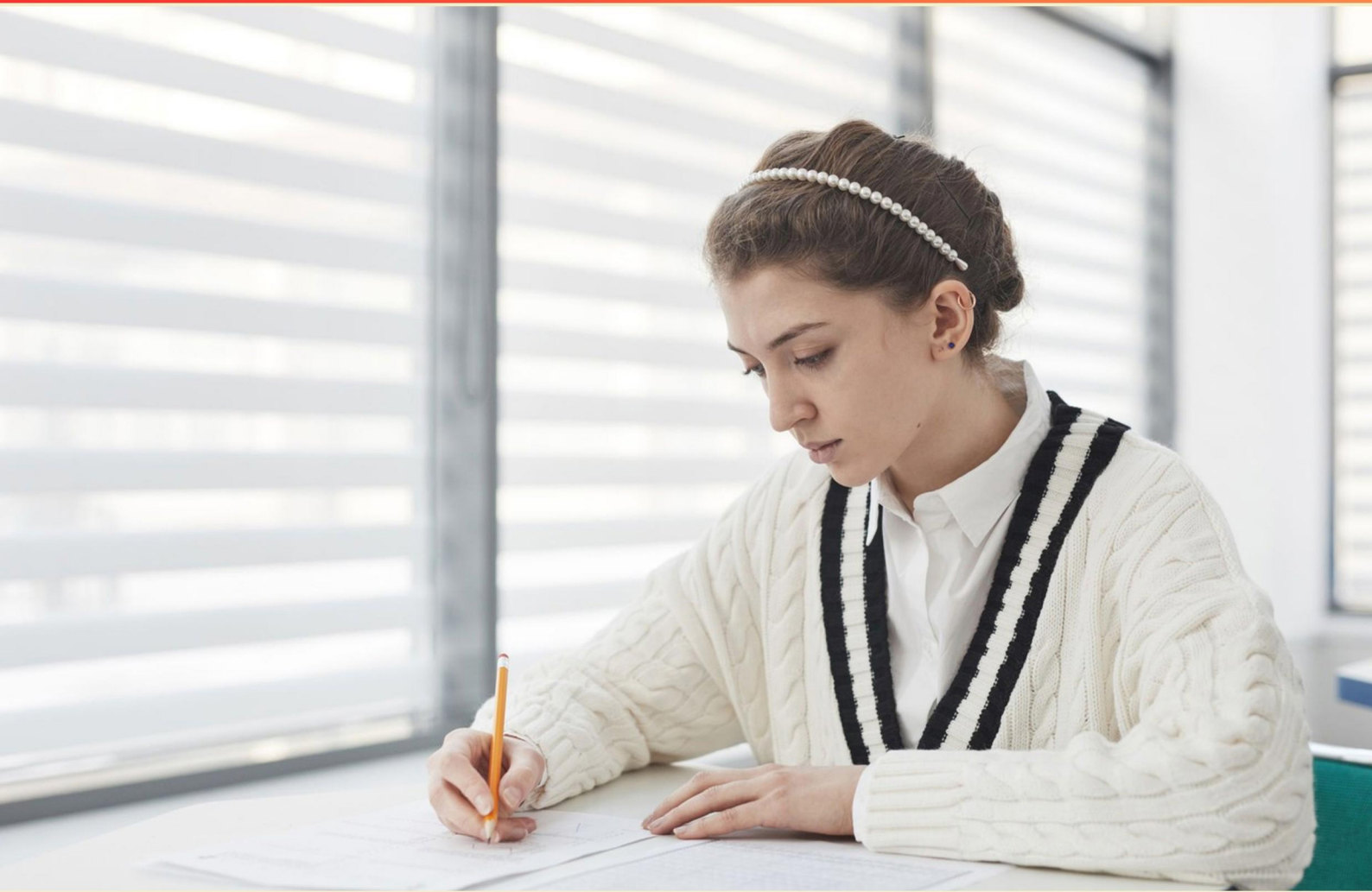


IDAHO STATE BOARDS ESTHETICIAN WRITTEN PRACTICE EXAM (SAMPLE)

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. How is the skin nourished?

- A. By oxygen and carbon dioxide
- B. By blood and lymph
- C. Through the epidermis
- D. Via external creams

2. What are potential causes of hyperhidrosis?

- A. Dietary changes, medication, anxiety
- B. Heat, genetics, or body weakness
- C. Hormonal changes, sun exposure, injury
- D. Allergies, infection, dehydration

3. The condition characterized by hair becoming tangled and matted is known as:

- A. Knots
- B. Tangles
- C. Matting
- D. Rastafarian Hair

4. What does albinism refer to?

- A. Excessive pigmentation in skin
- B. Partial loss of hair pigmentation
- C. The absence of melanin pigmentation of the body
- D. A skin disease causing patchy pigmentation

5. Which characteristic describes soaps?

- A. Acidic
- B. Neutral
- C. Highly alkaline
- D. Low pH

6. What is a lesion called in its early stages?

- A. Secondary
- B. Primary
- C. Tertiary
- D. Chronic

7. What characterizes Herpes Simplex?

- A. Non-contagious rash
- B. Contagious, recurring viral infection with blisters
- C. Persistent dry skin
- D. Inadequate melanin production

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

- A. Moisturizing treatments
- B. Electric treatments
- C. Exfoliating treatments
- D. Facial masks

9. Fiber is primarily made of which carbohydrate?

- A. Starch
- B. Glucose
- C. Cellulose
- D. Fructose

10. What skin condition involves excessive oiliness and the presence of comedones?

- A. Acne
- B. Dermatitis
- C. Psoriasis
- D. Hyperpigmentation

Answers

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

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Explanations

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1. How is the skin nourished?

- A. By oxygen and carbon dioxide
- B. By blood and lymph**
- C. Through the epidermis
- D. Via external creams

The skin is nourished primarily by blood and lymph. Blood supply carries essential nutrients, oxygen, and hormones to the skin, facilitating its growth and repair. The vascular network ensures that all skin cells receive adequate nourishment and waste products are effectively removed. Lymph, meanwhile, plays a crucial role in the immune response and helps in eliminating toxins and maintaining fluid balance in the tissues. Oxygen and carbon dioxide are indeed gaseous exchanges that occur in the body, primarily during respiration, but they do not directly nourish the skin in the same manner as blood does. The epidermis, which is the outermost layer of the skin, does not receive nourishment directly from the bloodstream; it relies on the dermis beneath for sustenance. External creams can provide hydration and temporary cosmetic benefits but do not nourish the skin in a biological sense as blood and lymph do.

2. What are potential causes of hyperhidrosis?

- A. Dietary changes, medication, anxiety
- B. Heat, genetics, or body weakness**
- C. Hormonal changes, sun exposure, injury
- D. Allergies, infection, dehydration

Hyperhidrosis, or excessive sweating, can indeed be influenced by several factors. Heat, genetics, and body weakness are known contributors to this condition. Heat is a fundamental trigger for sweating; when the body temperature rises, it responds by activating sweat glands to help cool down. This response can be especially pronounced in individuals predisposed to hyperhidrosis. Genetics also play a significant role; many people with hyperhidrosis have a family history of the condition, indicating a hereditary component that can affect how the body regulates temperature and responds to sweat stimuli. Body weakness, which may refer to underlying health issues or conditions that compromise the functioning of the autonomic nervous system, can also lead to abnormal sweating patterns. Certain health conditions can result in the body's inability to properly regulate temperature, leading to excessive perspiration, especially in stressful situations or when overheating. While other choices mention various factors, they do not encompass the specific elements related to hyperhidrosis as accurately as this option. For example, hormonal changes are related to sweating but are typically associated with specific life stages or conditions rather than being a consistent cause of hyperhidrosis.

3. The condition characterized by hair becoming tangled and matted is known as:

- A. Knots
- B. Tangles
- C. Matting**
- D. Rastafarian Hair

The condition characterized by hair becoming tangled and matted is known as matting. Matting occurs when strands of hair become intertwined and clumped together, making it difficult to separate or brush through the hair. This can lead to significant damage if not properly addressed, as it can cause breakage or further tangling. Matting can be caused by various factors, including lack of proper maintenance, environmental factors, or specific hair types that are more prone to tangling. Understanding this terminology is important for estheticians, as they may need to advise clients on proper hair care practices to prevent matting and to manage it effectively when it occurs.

4. What does albinism refer to?

- A. Excessive pigmentation in skin
- B. Partial loss of hair pigmentation
- C. The absence of melanin pigmentation of the body**
- D. A skin disease causing patchy pigmentation

Albinism refers to the absence of melanin pigmentation in the body, which results in lighter skin, hair, and eyes. This genetic condition occurs due to a mutation that affects the production of melanin, the pigment responsible for coloring the skin, hair, and eyes. People with albinism typically have very pale skin and may be more susceptible to sunburn and skin-related health issues due to the lack of melanin, which provides some natural protection from UV rays. The other options do not accurately describe albinism. Excessive pigmentation in the skin refers to conditions like hyperpigmentation, while partial loss of hair pigmentation would be related to conditions such as graying hair rather than albinism. A skin disease causing patchy pigmentation might refer to vitiligo, which involves the loss of pigmentation in specific areas but does not describe the global lack of melanin seen in albinism. Thus, the absence of melanin pigmentation is the defining characteristic of this condition.

5. Which characteristic describes soaps?

- A. Acidic
- B. Neutral
- C. Highly alkaline**
- D. Low pH

Soaps are characterized as highly alkaline due to the chemical process involved in their production, known as saponification. This process involves the reaction between fatty acids and an alkali, typically sodium hydroxide or potassium hydroxide. The result is a product with a pH level that often exceeds 9, creating an alkaline solution. This high pH is essential because it helps to effectively cleanse the skin by breaking down oils and fats, allowing for easier removal of dirt and impurities. In contrast, acidic solutions, neutral substances, or those with a low pH would not possess the same cleansing qualities as soaps. Acidic compounds would be more likely to irritate the skin, while neutral or low pH substances generally lack the emulsifying properties that soaps exhibit, making them less effective in cleaning and removing oily residues. Hence, the characteristic of being highly alkaline accurately describes soaps and highlights their functional role in skin cleansing.

6. What is a lesion called in its early stages?

- A. Secondary
- B. Primary**
- C. Tertiary
- D. Chronic

A lesion in its early stages is referred to as a primary lesion. Primary lesions are the initial visible signs of a condition that can take various forms, such as macules, papules, or vesicles. These lesions develop directly from a disease process or are a result of external factors, making them the first indicators that something may be altering the normal skin structure. Understanding the distinction of primary lesions is crucial for estheticians, as it helps in recognizing skin conditions early on and determining appropriate treatment options. This can lead to better management of potential skin issues and ultimately enhance client care. In contrast, secondary lesions develop as a result of changes or progressions from primary lesions, indicating an evolution or further development of a skin condition. Tertiary and chronic descriptors relate to different stages or characteristics of lesions otherwise, which do not apply to the definition of early-stage lesions.

7. What characterizes Herpes Simplex?

- A. Non-contagious rash
- B. Contagious, recurring viral infection with blisters**
- C. Persistent dry skin
- D. Inadequate melanin production

Herpes Simplex is characterized as a contagious viral infection that often presents with recurrent outbreaks of blisters. The virus predominantly manifests in two forms: Herpes Simplex Virus Type 1 (HSV-1), which typically causes oral herpes, and Herpes Simplex Virus Type 2 (HSV-2), associated with genital herpes. Both types can lead to blister formation, pain, and itching, and they are contagious even when the symptoms are not present, as the virus can still be shed from the skin. Understanding the contagious nature and the cyclical outbreaks is crucial for effective prevention and management. Ensuring that individuals are aware of the potential for transmission, even during asymptomatic periods, helps in reducing the spread of the virus. This context is vital in esthetics, where client safety and awareness are paramount. Other options like a non-contagious rash or persistent dry skin do not accurately reflect the nature of Herpes Simplex, as they do not encompass the infectious and recurrent characteristics of the disease.

8. 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.

9. Fiber is primarily made of which carbohydrate?

- A. Starch
- B. Glucose
- C. Cellulose**
- D. Fructose

Fiber is primarily made of cellulose, which is a complex carbohydrate that forms the structural component of the cell walls in plants. This particular form of carbohydrate is not digestible by humans, which distinguishes it from other carbohydrates like starch and sugars (glucose and fructose) that the body can break down for energy. Cellulose plays a vital role in dietary fiber, contributing to digestive health by aiding in bowel regularity and helping to maintain a healthy weight. Unlike starch, which is a digestible form of carbohydrate found in foods like potatoes and grains, cellulose remains intact through the digestive system, providing bulk and promoting gut health. Understanding the structure and function of cellulose helps in recognizing its importance in nutrition and how it differs from other carbohydrate types, which are primarily energy sources rather than components of dietary fiber.

10. What skin condition involves excessive oiliness and the presence of comedones?

A. Acne

B. Dermatitis

C. Psoriasis

D. Hyperpigmentation

The condition that involves excessive oiliness and the presence of comedones is acne. Acne is characterized by the overproduction of sebum from the sebaceous glands, which can lead to clogged pores. Comedones, which are the common term for blackheads and whiteheads, occur as a result of this clogging, where dead skin cells and excess oil mix. The increased oiliness can also create an environment conducive to bacterial growth, further exacerbating the condition. This makes acne distinct from conditions like dermatitis, which is mainly inflammatory and characterized by symptoms like redness and irritation, or psoriasis, which is a chronic autoimmune condition that results in thick, scaly patches on the skin. Hyperpigmentation, on the other hand, refers to darkened areas of skin due to excess melanin and does not inherently involve oiliness or comedones.

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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://idestheticianboard.examzify.com>

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

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