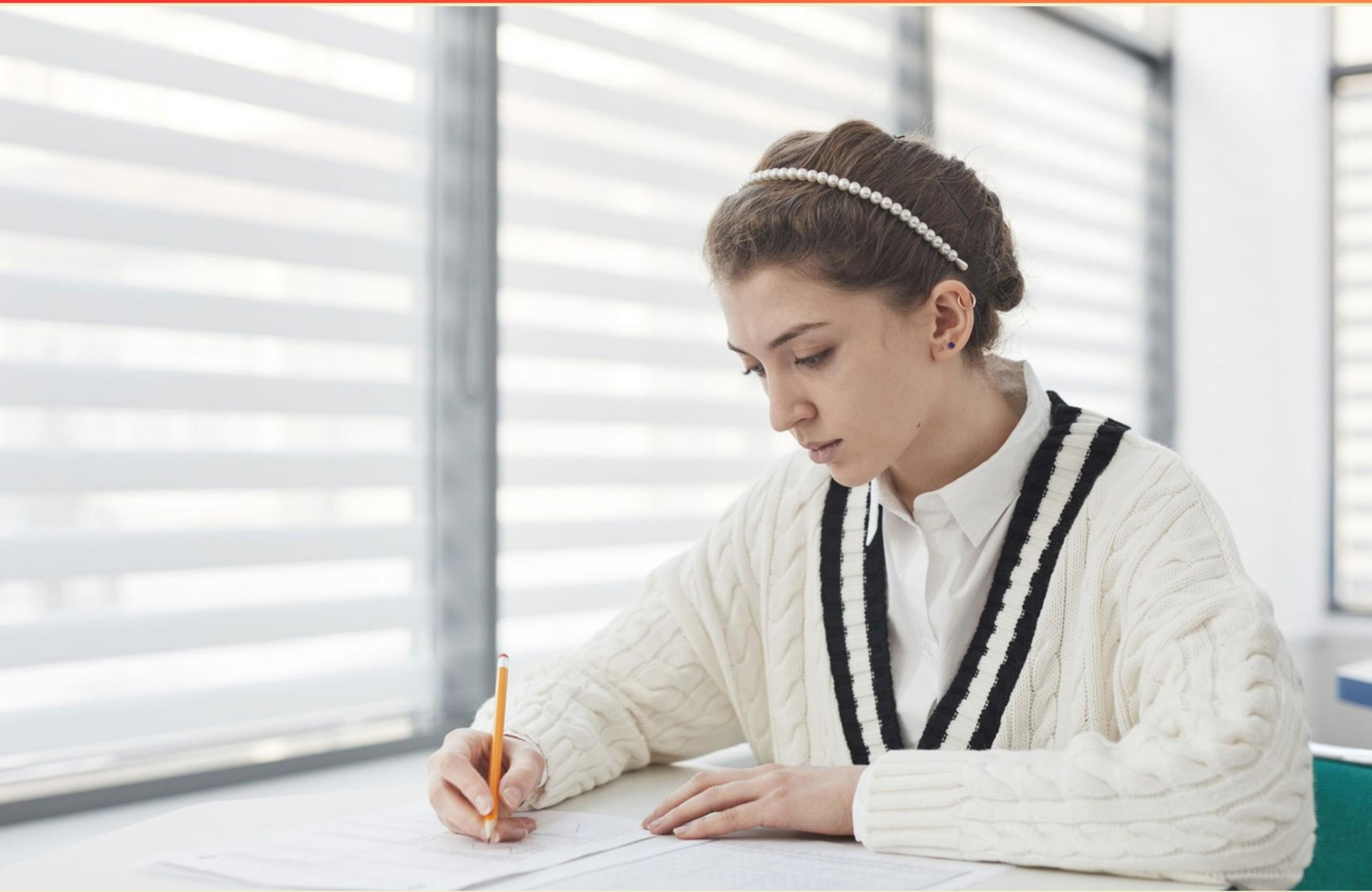


IDAHO STATE BOARDS ESTHETICIAN WRITTEN PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://idestheticianboard.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

1. Which glands are responsible for controlling body temperature?

- A. Endocrine glands
- B. Suboriferous glands
- C. Sebaceous glands
- D. Adrenal glands

2. What are cosmeceuticals?

- A. Products designed for makeup removal
- B. Products intended to improve skin health and appearance
- C. Standard cosmetic products without health benefits
- D. Products guaranteed to be hypoallergenic

3. What is the process called when cells reproduce?

- A. Diffusion
- B. Apoptosis
- C. Mitosis
- D. Osmosis

4. What is sagging skin a sign of?

- A. Overhydration
- B. Poor elasticity
- C. Excessive collagen
- D. Increased oil production

5. Which of the following modalities is NOT used in esthetics?

- A. Galvanic
- B. Faradic
- C. Sinusoidal
- D. Magnetic

6. What is the maximum number of weekly peels recommended for a client?

- A. 4
- B. 6
- C. 8
- D. 10

7. How is ozone created in nature?

- A. During a rainstorm
- B. After a thunderstorm
- C. After a lightning storm
- D. During a sunny day

8. When performing massage, how much pressure should you use with your hands?

- A. A bit more pressure with the dominant hand
- B. An equal amount for both hands
- C. Less pressure on the weaker hand
- D. No pressure at all

9. What are marks on the skin that indicate injury or damage known as?

- A. Rashes
- B. Lesions
- C. Scars
- D. Bumps

10. What should be done with wax after it has been applied?

- A. It should be left on until it cools
- B. It should be removed immediately
- C. It should be allowed to set for a few minutes
- D. It should be reapplied

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which glands are responsible for controlling body temperature?

- A. Endocrine glands
- B. Suboriferous glands**
- C. Sebaceous glands
- D. Adrenal glands

Suboriferous glands, also known as sweat glands, play a crucial role in regulating body temperature. These glands are primarily responsible for producing sweat, which is secreted onto the surface of the skin. When the body's internal temperature rises due to factors such as heat, exercise, or stress, the hypothalamus signals the suboriferous glands to increase sweat production. As the sweat evaporates from the skin, it cools the body, thus helping to maintain a stable internal temperature. On the other hand, endocrine glands are primarily involved in producing hormones that regulate various functions in the body but do not directly manage temperature. Sebaceous glands produce oil that helps with hydration and skin barrier protection but do not have a role in thermoregulation. Adrenal glands are involved in stress response and hormone production, which may influence metabolism and energy levels, but they are not directly responsible for controlling body temperature.

2. What are cosmeceuticals?

- A. Products designed for makeup removal
- B. Products intended to improve skin health and appearance**
- C. Standard cosmetic products without health benefits
- D. Products guaranteed to be hypoallergenic

Cosmeceuticals are defined as products that are designed specifically to improve skin health and appearance. This term combines the concepts of cosmetics and pharmaceuticals, indicating that these products not only enhance the aesthetic aspect of the skin but also provide therapeutic benefits. They often contain active ingredients that can influence biological functioning, leading to improvements in skin texture, tone, and overall health. These products are typically formulated with a focus on skincare advantages and can include antioxidants, peptides, vitamins, and botanicals that target specific skin concerns such as aging, hyperpigmentation, and acne. As a result, they bridge the gap between cosmetics and medicinal products, justifying their classification as cosmeceuticals. In contrast, other options highlight different areas of product functionality unrelated to the definition of cosmeceuticals. Some indicate standard cosmetic uses without the therapeutic benefits, while others emphasize characteristics like hypoallergenic guarantees that do not capture the essence of improving skin health through active ingredients. Thus, the focus on enhancing both health and appearance positions the correct answer as the most accurate definition of cosmeceuticals.

3. What is the process called when cells reproduce?

- A. Diffusion
- B. Apoptosis
- C. Mitosis**
- D. Osmosis

The process by which cells reproduce is known as mitosis. Mitosis is a type of cell division that results in two daughter cells, each having the same number of chromosomes as the parent cell. During mitosis, the cell goes through several phases: prophase, metaphase, anaphase, and telophase. This process is essential for growth, repair, and maintenance of tissues in the body, ensuring that genetic information is accurately copied and distributed. In contrast, diffusion refers to the movement of molecules from an area of higher concentration to an area of lower concentration, which is a physical process rather than a form of cell reproduction. Apoptosis is a form of programmed cell death that occurs as part of the normal development and maintenance of healthy tissues; it does not contribute to cell reproduction. Osmosis specifically involves the movement of water molecules through a semi-permeable membrane, also unrelated to how cells reproduce. Understanding these distinctions helps clarify the vital role that mitosis plays in cellular biology.

4. What is sagging skin a sign of?

- A. Overhydration
- B. Poor elasticity**
- C. Excessive collagen
- D. Increased oil production

Sagging skin is primarily a sign of poor elasticity. As the skin ages, it naturally loses elasticity due to a decrease in collagen and elastin production, which are essential proteins that provide structure and resilience to the skin. When these proteins degrade over time, the skin can lose its firmness and ability to bounce back after being stretched, resulting in a sagging appearance. Poor elasticity can also be influenced by factors such as sun exposure, smoking, and environmental stressors, all of which can further degrade the structure of the skin. Maintaining healthy skin through hydration, nutrition, and appropriate skincare can help support elasticity, but once elasticity is compromised, sagging skin becomes more prominent. The other options suggest conditions that do not directly relate to the loss of skin firmness. Overhydration can lead to a different set of skin issues, excessive collagen production typically results in thicker skin rather than sagging, and increased oil production is usually associated with acne or oily skin rather than elasticity or sagging.

5. Which of the following modalities is NOT used in esthetics?

- A. Galvanic
- B. Faradic
- C. Sinusoidal
- D. Magnetic**

The choice of magnetic as the modality that is not used in esthetics is accurate because magnetic therapy is generally considered more of a complementary or alternative treatment, focusing on the use of magnetic fields for pain relief and healing rather than being a standard modality for skin care. In esthetics, techniques are primarily focused on improving skin texture, enhancing appearance, and facilitating various skin treatments. Galvanic, faradic, and sinusoidal modalities, on the other hand, play significant roles in esthetics. Galvanic, for instance, utilizes electrical currents to facilitate chemical processes in the skin, often used for deep cleansing and product penetration. Faradic current is employed for muscle-toning and improving facial contours, while sinusoidal currents provide relaxing effects and enhance blood circulation. These methods are widely recognized and practiced within esthetic settings for their specific benefits in skin care and cosmetic applications.

6. What is the maximum number of weekly peels recommended for a client?

- A. 4
- B. 6
- C. 8**
- D. 10

The recommendation for the maximum number of weekly peels a client should receive is based on the skin's ability to heal and regenerate. Typically, weekly peels are utilized to accelerate cell turnover and address various skin concerns, such as acne, pigmentation, or aging. Receiving up to eight peels in a week can provide beneficial results without overwhelming the skin. This interval allows for proper recovery time and mitigates the risk of over-exfoliation, which can lead to irritation or damage. It is important to tailor the frequency to the specific needs and conditions of the client's skin, as well as their skin type and sensitivities. When considering the options, having a higher number of peels in a week, such as 10, may lead to potential adverse effects rather than enhanced results. Thus, the limit of eight peels strikes a balance between efficacy and safety in a professional setting.

7. How is ozone created in nature?

- A. During a rainstorm
- B. After a thunderstorm
- C. After a lightning storm**
- D. During a sunny day

Ozone is created in nature primarily through a reaction involving ultraviolet light and electrical discharges, such as those produced during a lightning storm. When lightning strikes, the high energy released breaks apart oxygen molecules (O₂) in the atmosphere. The free oxygen atoms can then react with other oxygen molecules to form ozone (O₃). This process is particularly relevant because thunderstorm conditions promote both the production of lightning and the energetic environment that facilitates the formation of ozone, resulting in increased levels of ozone shortly after such storms. The other options, while they might mention storm conditions or weather phenomena, do not accurately capture the specific process involving lightning that leads to ozone formation in the atmosphere. For instance, although thunderstorms can contribute to various weather effects, they are the electrical discharges—lightning—that specifically enable the chemical reactions necessary for ozone production.

8. When performing massage, how much pressure should you use with your hands?

- A. A bit more pressure with the dominant hand
- B. An equal amount for both hands**
- C. Less pressure on the weaker hand
- D. No pressure at all

Using an equal amount of pressure for both hands during a massage is important for several reasons. First, it ensures consistency in the massage technique, which enhances the overall experience for the client. When both hands apply equal pressure, the body can respond better to the rhythm and flow of the massage, promoting relaxation and reducing tension effectively. Additionally, using balanced pressure helps to avoid any potential discomfort or unevenness that might arise from favoring one hand over the other. This practice can prevent unease in the client, as variations in pressure can lead to a disruptive experience, detracting from the therapeutic benefits of the massage. Moreover, maintaining equal pressure assists the esthetician in developing a more symmetrical approach to their technique, which can be essential for achieving the desired results in skin care and muscle relaxation. Proper training encourages this balance to maximize the effectiveness of various massage techniques and ensure the safety and comfort of the client.

9. What are marks on the skin that indicate injury or damage known as?

- A. Rashes
- B. Lesions**
- C. Scars
- D. Bumps

Marks on the skin that indicate injury or damage are referred to as lesions. This term encompasses a wide variety of skin changes that may result from trauma, infection, inflammation, or other skin conditions. Lesions can manifest in multiple forms, such as blisters, ulcers, or growths, and they often signal that the skin has been altered or harmed in some way. The other terms, while related to skin conditions, describe different phenomena. Rashes generally refer to observable changes in the skin's appearance that often indicate irritation or inflammation, but they don't specifically denote injury. Scars specifically refer to the residual marks left after healing from an injury or surgery, indicating that an injury has already occurred and healed, rather than the injury itself. Bumps are a more general term and can refer to any raised area on the skin without necessarily indicating damage or injury. Thus, lesions is the most accurate term for marks on the skin indicating injury or damage.

10. What should be done with wax after it has been applied?

- A. It should be left on until it cools**
- B. It should be removed immediately
- C. It should be allowed to set for a few minutes
- D. It should be reapplied

Leaving the wax on until it cools is the appropriate procedure after application because it allows the wax to adhere properly to the hair and skin. This cooling period enables the wax to grip the hair effectively, which is crucial for a successful hair removal process. If the wax is removed too quickly, it may not remove the hair efficiently and could cause discomfort for the client. In contrast, removing the wax immediately would likely result in ineffective hair removal and increased discomfort, as the wax needs time to bond with the hair. Allowing the wax to set for a few minutes can be beneficial in some cases, but it's not ideal as it could lead to the wax hardening too much, making it difficult to remove. Reapplying wax is not necessary unless there are areas of hair that were missed during the first application, and it should be done carefully after the initial wax has been removed.

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!

SAMPLE