

ITEC MANICURE AND PEDICURE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://itecmanipedi.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. What is a primary function of a hot oil treatment in nail care?**
 - A. Strengthens the nail
 - B. Moisturizes dry skin and cuticles
 - C. Removes nail polish
 - D. Changes the shape of nails
- 2. What is the purpose of the eponychium?**
 - A. Forms a seal between skin and nail
 - B. Protects the matrix by covering the base of the nail plate
 - C. Supports the nail plate as it grows
 - D. Acts as a groove keeping the nail in position
- 3. To maintain good foot health post-pedicure, what is a recommended practice?**
 - A. Use incorrect fitting shoes
 - B. Soak feet in cold water
 - C. Massage the feet often
 - D. Wear closed shoes at all times
- 4. What is the name of the bones found in fingers and toes?**
 - A. Metacarpals
 - B. Carpals
 - C. Phalanges
 - D. Tarsals
- 5. Which component is often included in massage oil or cream?**
 - A. Acetone
 - B. Perfume
 - C. Formaldehyde
 - D. Sodium chloride
- 6. What is the matrix?**
 - A. The area where nail polish is applied
 - B. The place where new cells for the nail are produced
 - C. The part of the nail that extends past the fingertip
 - D. The skin that protects the surrounding nails

7. What does onychophagy refer to?

- A. The habit of painting nails
- B. The habit of biting one's nails
- C. The condition of fungal nails
- D. The practice of nail art

8. Identify the seven carpal bones.

- A. Scaphoid, Lunate, Triquetrum, Pisiform, Trapezium, Trapezoid, Capitate
- B. Scaphoid, Navicular, Triangular, Pisiform, Greater Multangular, Lesser Multangular, Capitate
- C. Scaphoid, Lunate, Triangulum, Cuboid, Trapezium, Trapezoid, Hamate
- D. Scaphoid, Lunate, Triquetrum, Pisiform, Trapezium, Trapezoid, Capitate, Hamate

9. How does a paraffin wax treatment benefit the skin?

- A. It cools the skin effectively
- B. It provides deep moisture and soothes dryness in the skin
- C. It exfoliates dead skin cells
- D. It eliminates the need for lotions

10. Which method is used to apply gel polish?

- A. Air drying after application
- B. Curing under UV or LED light
- C. Using a fan to speed up drying
- D. Soaking in alcohol

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is a primary function of a hot oil treatment in nail care?

- A. Strengthens the nail
- B. Moisturizes dry skin and cuticles**
- C. Removes nail polish
- D. Changes the shape of nails

A hot oil treatment is primarily used to moisturize dry skin and cuticles. The treatment involves soaking the hands or feet in warm oil, which penetrates the skin and cuticles, providing essential hydration. This is particularly beneficial for individuals with dry, brittle cuticles and skin, as it helps to soften and restore moisture, making the area more pliable and healthy. A hot oil treatment does not primarily focus on strengthening the nails, removing nail polish, or changing the shape of the nails. Strengthening treatments usually involve specific nail strengtheners or vitamins. Nail polish removal involves solvents specifically designed for that purpose, and shaping of nails is typically done through filing and clipping, not through hot oil application. Thus, the hot oil treatment's main aim is to enhance the overall health and appearance of the skin and cuticles, leading to improved nail care.

2. What is the purpose of the eponychium?

- A. Forms a seal between skin and nail
- B. Protects the matrix by covering the base of the nail plate**
- C. Supports the nail plate as it grows
- D. Acts as a groove keeping the nail in position

The eponychium serves a crucial protective function for the nail. It is the layer of skin located at the base of the nail plate that covers the nail matrix, which is responsible for nail growth. By covering this area, the eponychium helps to safeguard the matrix from external elements, bacteria, and other harmful substances that may disrupt the growth and health of the nail. This protective barrier is vital for ensuring that the nail can grow without interference from infections or injuries. Understanding the anatomy of the nail and the role of the eponychium is essential for maintaining nail health and performing effective manicure and pedicure services, as it helps practitioners appreciate the delicate balance required in nail care.

3. To maintain good foot health post-pedicure, what is a recommended practice?

- A. Use incorrect fitting shoes
- B. Soak feet in cold water
- C. Massage the feet often**
- D. Wear closed shoes at all times

Maintaining good foot health after a pedicure involves practices that support circulation, skin health, and overall comfort. Regularly massaging the feet is beneficial as it promotes blood circulation, helps reduce tension in the muscles, and can alleviate any discomfort. Additionally, foot massage can enhance the absorption of any moisturizers or treatments applied after the pedicure, contributing to healthier skin. Soaking feet in cold water, although refreshing, may not significantly support foot health after a pedicure, especially if the intention is to maintain or enhance the benefits of the pedicure. Moreover, wearing incorrect fitting shoes can lead to various foot problems over time, and wearing closed shoes at all times can sometimes inhibit airflow and moisture control, which are also important for foot health. Therefore, regular foot massages stand out as a highly beneficial practice to support overall foot wellness after a pedicure.

4. What is the name of the bones found in fingers and toes?

- A. Metacarpals
- B. Carpals
- C. Phalanges
- D. Tarsals

The bones found in fingers and toes are called phalanges. Each finger and toe contains three phalanges (the distal, middle, and proximal), except for the thumb and big toe, which have two. The phalanges are crucial for the dexterity and movement of the hands and feet, allowing for actions such as gripping and walking. Metacarpals are the bones of the hand that connect the wrist to the fingers, while carpals are the bones that make up the wrist. Tarsals are the bones located in the ankle and are part of the foot structure. Understanding these distinctions is important in anatomy as each set of bones serves specific functions related to movement and support in their respective areas.

5. Which component is often included in massage oil or cream?

- A. Acetone
- B. Perfume
- C. Formaldehyde
- D. Sodium chloride

The inclusion of perfume in massage oil or cream serves multiple functions. Primarily, it enhances the sensory experience and overall enjoyment of the massage. A pleasant fragrance can help create a calming and relaxing atmosphere, which is essential for therapeutic practices. Additionally, fragrance can stimulate positive emotional responses and improve mood, aiding the overall effectiveness of the treatment. In contrast, acetone is commonly used as a solvent in nail polish removers and is not suitable for skin application due to its drying and irritating properties. Formaldehyde, often found in certain cosmetic products, is recognized for its strong odor and potential health risks, making it inappropriate for massage oils. Sodium chloride, or table salt, may be used in some skin treatments but is not a typical component in massage oils or creams, as it can be abrasive and drying to the skin rather than hydrating. Thus, perfume stands out as the most relevant and beneficial component among the choices provided for massage products.

6. What is the matrix?

- A. The area where nail polish is applied
- B. The place where new cells for the nail are produced
- C. The part of the nail that extends past the fingertip
- D. The skin that protects the surrounding nails

The matrix refers to the area beneath the base of the nail where new nail cells are generated. This area plays a crucial role in nail growth, as it is composed of living cells that multiply and harden as they reach the surface, forming the hard structure of the nail plate. Understanding the function of the matrix is essential for nail technicians, as it impacts the overall health and appearance of the nails. Other options do not accurately describe the matrix. The area where nail polish is applied refers to the nail's surface rather than the matrix itself. The part of the nail that extends past the fingertip pertains to the free edge of the nail, and the skin that protects the surrounding nails refers to the cuticle and other skin surrounding the nail, neither of which is involved in the growth process that occurs in the matrix. This distinction highlights the importance of recognizing the specific anatomical features and functions of the nail for proper care and treatment.

7. What does onychophagy refer to?

- A. The habit of painting nails
- B. The habit of biting one's nails**
- C. The condition of fungal nails
- D. The practice of nail art

Onychophagy specifically refers to the habit of biting one's nails. This behavior can be both a physical manifestation of stress or anxiety, and a common nervous habit that can lead to various problems, such as damaged nails and surrounding skin, as well as potential infections. Understanding this term is important in a manicure and pedicure context because nail technicians may encounter clients who bite their nails and can offer appropriate care and advice to help them improve their nail health. The other options relate to different aspects of nail care and beauty practices but do not define onychophagy. For instance, painting nails involves applying polish for aesthetics, fungal nails refer to infections caused by fungi, and nail art refers to creative designs applied to nails. Each of these concepts deals with different practices surrounding nail care but does not relate to the habit of nail biting, which is the focus of onychophagy.

8. Identify the seven carpal bones.

- A. Scaphoid, Lunate, Triquetrum, Pisiform, Trapezium, Trapezoid, Capitate
- B. Scaphoid, Navicular, Triangular, Pisiform, Greater Multangular, Lesser Multangular, Capitate
- C. Scaphoid, Lunate, Triangulum, Cuboid, Trapezium, Trapezoid, Hamate
- D. Scaphoid, Lunate, Triquetrum, Pisiform, Trapezium, Trapezoid, Capitate, Hamate**

The identification of the seven carpal bones accurately encompasses the full set of bones located in the wrist. The correct listing includes the Scaphoid, Lunate, Triquetrum, Pisiform, Trapezium, Trapezoid, Capitate, and Hamate. These bones are arranged in two rows: the proximal row (which consists of the Scaphoid, Lunate, Triquetrum, and Pisiform) and the distal row (which consists of the Trapezium, Trapezoid, Capitate, and Hamate). Understanding the organization of these carpal bones is crucial for students in the fields of anatomy and related healthcare professions, as it aids in recognizing wrist injuries, diagnosing conditions, and performing clinical procedures. Each bone plays a significant role in wrist movement and stability, and knowledge of their names and positions can enhance the understanding of wrist mechanics.

9. How does a paraffin wax treatment benefit the skin?

- A. It cools the skin effectively
- B. It provides deep moisture and soothes dryness in the skin**
- C. It exfoliates dead skin cells
- D. It eliminates the need for lotions

A paraffin wax treatment is known for its ability to provide deep moisture and soothe dryness in the skin, making it a popular choice in both manicure and pedicure services. The warm wax penetrates the skin, creating a barrier that helps to lock in moisture. This is particularly beneficial for individuals who suffer from dry, cracked, or rough skin, as the heat from the wax can enhance the absorption of moisturizers applied beforehand. The heat generated during the treatment also increases blood circulation and relaxes muscles, which can alleviate tension and discomfort. This soothing effect contributes not only to improved skin texture but also to overall relaxation and well-being. In contrast, other options provided do not accurately capture the primary benefits of a paraffin wax treatment. While cooling the skin might be desirable in certain situations, it is not a characteristic of paraffin treatments. Exfoliating dead skin cells is typically addressed through other techniques, such as scrubs or chemical exfoliants, rather than through the application of wax. Lastly, while paraffin can enhance the effectiveness of lotions, it does not eliminate the need for them; rather, it complements their use for optimal moisturizing results.

10. Which method is used to apply gel polish?

- A. Air drying after application
- B. Curing under UV or LED light**
- C. Using a fan to speed up drying
- D. Soaking in alcohol

Gel polish application relies on a specific process known as curing, which involves the use of UV or LED light. This curing process is essential because it transforms the liquid gel polish into a hard, durable finish that adheres effectively to the nail. When the gel polish is exposed to UV or LED light, it undergoes a photochemical reaction that causes it to harden and bond to the nail surface, providing a long-lasting manicure or pedicure. The use of UV or LED light is what differentiates gel polish from traditional nail polish, which typically dries due to evaporation of solvents in the polish. The other options do not apply to gel polish; air drying or using a fan are methods appropriate for regular nail polish, and soaking in alcohol is not a technique used in gel polish application. Understanding the curing process is crucial for achieving the desired results when working with gel products.

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://itecmanipedi.examzify.com>

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

SAMPLE