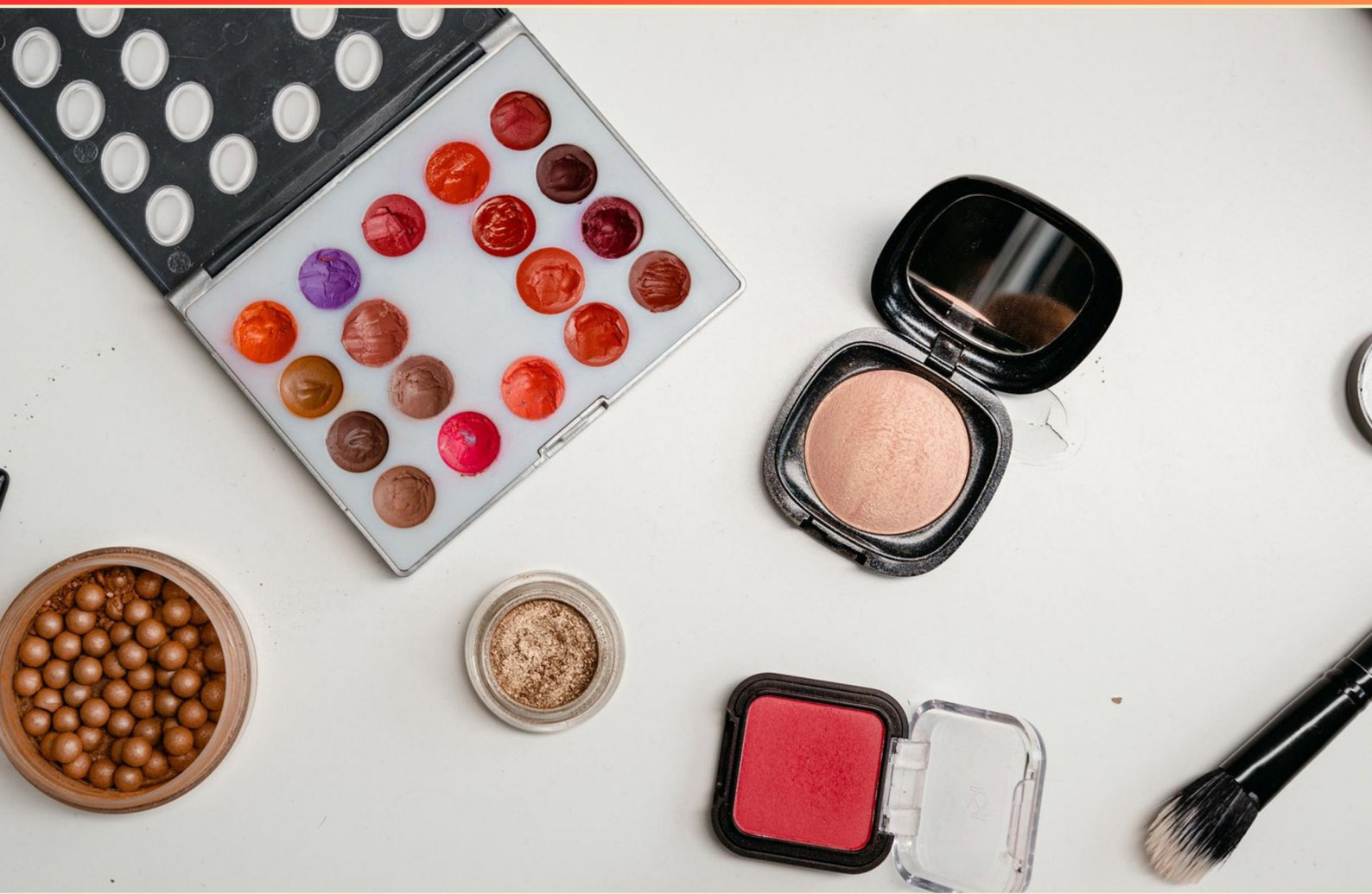


MICHIGAN ESTHETICIAN STATE BOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

<https://michiganesthetician.examzify.com>



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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 many levels of burns are recognized in medical terms?**
 - A. Two
 - B. Three
 - C. Four
 - D. Five
- 2. What is the function of a depilatory?**
 - A. To permanently remove hair
 - B. To dye hair
 - C. To temporarily remove superfluous hair
 - D. To promote hair growth
- 3. Which hair removal method involves pulling hair out from the root?**
 - A. Electrolysis
 - B. Depilation
 - C. Shaving
 - D. Epilation
- 4. What is the result of dehydrated skin lacking sufficient moisture?**
 - A. Increased elasticity
 - B. Reduced shine
 - C. Increased sensitivity
 - D. More breakouts
- 5. What term refers to the ability to produce an effect?**
 - A. Efficacy
 - B. Effectiveness
 - C. Efficiency
 - D. Action
- 6. What is the main function of preservatives in skin care products?**
 - A. Enhancing fragrance
 - B. Preventing microbial growth
 - C. Improving texture
 - D. Adding color

7. Before clients get on your treatment bed, what should you explain?

- A. The benefits of the treatment
- B. How to get onto the bed and where to position their head
- C. The cost of the services
- D. The aftercare procedures

8. Redness resulting from inflammation is known as what?

- A. Teleangiectasia
- B. Rosacea
- C. Erythema
- D. Dermatitis

9. Retinol is commonly known as which vitamin?

- A. Vitamin C
- B. Vitamin B
- C. Vitamin A
- D. Vitamin D

10. Which of the following describes a multiuse item in a salon?

- A. Disposable after single use
- B. Reusable after proper sanitation
- C. Allowed to be used by multiple clients without cleaning
- D. Only usable by the same client

Answers

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

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Explanations

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1. How many levels of burns are recognized in medical terms?

- A. Two
- B. Three
- C. Four**
- D. Five

The correct answer is four, as there are four recognized levels of burns in medical terminology, which categorize the severity and depth of skin damage. The levels include: 1. **First-degree burns** affect only the outer layer of skin (epidermis) and are characterized by redness and minor pain, similar to a mild sunburn. 2. **Second-degree burns** reach both the epidermis and part of the underlying layer (dermis). These burns may cause blisters, swelling, and severe pain. 3. **Third-degree burns** extend through the dermis and affect deeper tissues. They can result in white or charred skin and may cause numbness due to nerve damage. 4. **Fourth-degree burns** go even further, damaging not just the skin but also underlying fat, muscles, and bones. These burns are often life-threatening and require extensive medical intervention. Understanding these levels is crucial in the field of esthetics and dermatology, as it informs professionals about appropriate treatment protocols and the need for referral to medical professionals in severe cases. Having this knowledge helps ensure patient safety and effective care in a salon or spa setting.

2. What is the function of a depilatory?

- A. To permanently remove hair
- B. To dye hair
- C. To temporarily remove superfluous hair**
- D. To promote hair growth

The function of a depilatory is to temporarily remove superfluous hair. Depilatories are chemical formulations that work by breaking down the protein structure of the hair, effectively dissolving it at the surface of the skin. This method provides a quick and painless way to remove hair but does not affect the hair follicle, which means that hair will regrow over time. In contrast, options that refer to permanent hair removal or promoting hair growth do not align with the definition of depilatories, as these products are specifically designed for temporary effects. Additionally, the option regarding dyeing hair involves a completely different function and purpose, which is unrelated to hair removal. Understanding the specific action that depilatories perform can be crucial for estheticians when providing services to clients looking for hair removal solutions.

3. Which hair removal method involves pulling hair out from the root?

- A. Electrolysis
- B. Depilation
- C. Shaving
- D. Epilation**

The method that involves pulling hair out from the root is epilation. This technique removes the entire hair, including the hair follicle, from the skin. Common forms of epilation include waxing, tweezing, and threading. By removing hair at the follicle level, epilation can result in smoother skin for a longer duration compared to methods that only remove hair from the skin's surface. While electrolysis is a permanent hair removal method that uses electrical current to destroy hair follicles, it does not involve physically pulling the hair out. Depilation refers to methods like shaving or using depilatory creams that only remove hair at the surface level, so it doesn't reach the root. Shaving simply trims the hair above the skin, making it a temporary solution. Thus, epilation is the correct answer because it accurately describes the process of extracting hair from the root, leading to longer-lasting results in hair removal.

4. What is the result of dehydrated skin lacking sufficient moisture?

- A. Increased elasticity
- B. Reduced shine
- C. Increased sensitivity**
- D. More breakouts

The correct answer is that dehydrated skin lacking sufficient moisture leads to increased sensitivity. When skin is dehydrated, it often becomes more prone to irritation and heightened reactions to products, environmental factors, and other stimuli. This sensitized skin condition can manifest as redness, discomfort, and an overall compromised barrier function, which allows irritants and allergens to penetrate more easily. Dehydrated skin does not have enough water content, leading to an impaired protective barrier. As a result, this impairment can heighten sensitivity, making the skin respond more vigorously to various products and conditions. Proper hydration is crucial for maintaining skin's functionality and resilience, which is why addressing dehydration is essential for overall skin health. While reduced shine and more breakouts can occur in various skin conditions, they are not direct results of dehydration in the same way increased sensitivity is. Additionally, increased elasticity typically signifies well-hydrated, healthy skin rather than dehydrated skin.

5. What term refers to the ability to produce an effect?

- A. Efficacy**
- B. Effectiveness
- C. Efficiency
- D. Action

The term that refers to the ability to produce an effect is "efficacy." Efficacy is specifically used to describe the capacity of a product, treatment, or procedure to provide the desired result under ideal conditions. In esthetics and dermatology, when discussing products or treatments, efficacy is paramount because it indicates whether an intervention can achieve its intended target, such as reducing acne, improving skin texture, or enhancing hydration. The distinction between efficacy and similar terms like effectiveness is important. Effectiveness pertains to how well a product works in real-world settings and may incorporate factors like patient compliance and varied skin types. Efficiency relates to the optimal use of resources to achieve the desired outcome, while action simply denotes the process of doing something and does not inherently relate to the outcome produced. Understanding these definitions is essential for estheticians to make informed recommendations and assess the products they use.

6. What is the main function of preservatives in skin care products?

- A. Enhancing fragrance
- B. Preventing microbial growth**
- C. Improving texture
- D. Adding color

Preservatives play a crucial role in skin care products primarily by preventing microbial growth. Their main function is to inhibit the growth of bacteria, mold, and yeast, which can contaminate products and potentially lead to skin infections or other health issues. By ensuring that products remain safe and stable throughout their shelf life, preservatives help maintain the integrity of the formulation, allowing consumers to use the products without concern for contamination. The other functions, such as enhancing fragrance, improving texture, or adding color, do not align with the primary purpose of preservatives. Enhancing fragrance relates to the aromatic qualities of a product, while improving texture focuses on how the product feels during application. Adding color is about visual appeal, which, although important, does not pertain to the preservation of the product against microbial activity. Thus, the primary goal of preservatives is to keep skin care products safe by preventing the growth of harmful microorganisms.

7. Before clients get on your treatment bed, what should you explain?

- A. The benefits of the treatment
- B. How to get onto the bed and where to position their head**
- C. The cost of the services
- D. The aftercare procedures

The choice that highlights the importance of explaining how clients should get onto the bed and where to position their head is vital for several reasons. It emphasizes client safety and comfort, ensuring they feel secure before the treatment begins. Proper positioning can prevent discomfort during the procedure and allows the esthetician to perform the treatment effectively without hindering their access to the client's face or body. Furthermore, guiding clients on how to get comfortable on the treatment bed sets a professional tone and fosters trust between the esthetician and the client. While discussing the benefits of the treatment, cost, and aftercare procedures are all important aspects of the client experience, none of these directly address the immediate action the client must take before the treatment. Ensuring the client is properly positioned directly influences the quality of the service provided and the overall experience, making it a priority before proceeding with the treatment.

8. Redness resulting from inflammation is known as what?

- A. Teleangiectasia
- B. Rosacea
- C. Erythema**
- D. Dermatitis

Redness resulting from inflammation is referred to as erythema. This term specifically describes the condition where the skin appears red due to increased blood flow to the affected area as a response to inflammation, irritation, or other stimuli. Erythema can be a temporary condition that resolves as the underlying cause is addressed, or it can be more persistent in chronic conditions. While teleangiectasia refers to small, dilated blood vessels that are often visible on the skin and may contribute to redness, it is not a direct indication of inflammation. Rosacea is a specific skin condition characterized by facial redness, but it has additional symptoms and triggers that go beyond mere inflammation. Dermatitis is a general term for skin inflammation that can manifest in various forms and causes, but the red appearance of inflamed skin is best described as erythema. Thus, the term erythema accurately encapsulates the key aspect of redness due to inflammation.

9. Retinol is commonly known as which vitamin?

- A. Vitamin C
- B. Vitamin B
- C. Vitamin A**
- D. Vitamin D

Retinol is commonly known as Vitamin A, which is crucial for various bodily functions, particularly in maintaining healthy skin. As a powerful antioxidant, retinol plays a vital role in promoting skin cell turnover and stimulating collagen production. This can help reduce the appearance of fine lines, wrinkles, and uneven skin tone, making it an essential ingredient in many skincare products aimed at improving skin texture and overall appearance. Vitamin A, in its various forms, is also important for vision, immune function, and cellular communication. In the context of esthetics, the knowledge of retinol as Vitamin A is fundamental, as it allows estheticians to recommend appropriate treatments and products to clients based on their skincare needs. Understanding the significance of Vitamin A in skin health helps practitioners educate clients on how regular use of retinol can lead to longer-term skin benefits, further enhancing their professional credibility and effectiveness.

10. Which of the following describes a multiuse item in a salon?

- A. Disposable after single use
- B. Reusable after proper sanitation**
- C. Allowed to be used by multiple clients without cleaning
- D. Only usable by the same client

A multiuse item in a salon is defined as one that can be reused after proper sanitation. This implies that these items are designed to withstand multiple applications and can be effectively cleaned and disinfected to eliminate any potential contaminants. Proper sanitation ensures client safety and maintains hygiene standards in the salon environment. In contrast, items described as disposable after a single use are categorized as single-use items and are designed for one-time use only. The choice that allows for use by multiple clients without cleaning would compromise health and safety standards, making it unacceptable in a professional setting. Finally, the option stating that the item is only usable by the same client suggests a restriction that is not characteristic of multiuse items, as these are meant to be cleaned and reused for different clients. Thus, the definition of a multiuse item is firmly established by its ability to be sanitised and reused.

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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://michiganesthetician.examzify.com>

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

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