

# Milady Esthetics State Board Practice Test (Sample)

## Study Guide



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## **Questions**

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- 1. What is a common benefit of regular exfoliation?**
  - A. Increased oil secretion**
  - B. Smoother skin texture**
  - C. Faster skin aging**
  - D. Decreased hydration**
- 2. What is an example of retail supplies?**
  - A. Equipment for services**
  - B. Items available for sale to clients**
  - C. Cleaning supplies**
  - D. Employee uniforms**
- 3. In what forms are hard waxes available?**
  - A. Ribbons and tubes**
  - B. Blocks, disks, pellets, or beads**
  - C. Sheets and rolls**
  - D. Granules and jars**
- 4. How many weekly peels should not be exceeded for a client?**
  - A. 4**
  - B. 6**
  - C. 8**
  - D. 10**
- 5. Estrogen used in hormone replacement therapy can be derived from?**
  - A. Only synthetic chemicals**
  - B. Plants or animals**
  - C. Only plants**
  - D. Only animals**
- 6. What is the main focus of cosmetic dermatology?**
  - A. Health improvement**
  - B. Enhancing appearance**
  - C. Medical treatment of skin diseases**
  - D. Weight management**

- 7. How many calories are there in a single gram of fat?**
- A. 4**
  - B. 7**
  - C. 9**
  - D. 12**
- 8. What does pH stand for in chemistry?**
- A. Potential hydrogen**
  - B. Permissible hardness**
  - C. Positive heat**
  - D. Potential hydrolysis**
- 9. Which of the following statements about pH is true?**
- A. pH is always a whole number**
  - B. pH levels can range from 0 to 14**
  - C. pH is only applicable to liquids**
  - D. pH is constant regardless of temperature**
- 10. What type of muscles are known as nonstriated muscles?**
- A. Voluntary muscles**
  - B. Cardiac muscles**
  - C. Skeletal muscles**
  - D. Involuntary muscles**

## **Answers**

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

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## **Explanations**

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## **1. What is a common benefit of regular exfoliation?**

- A. Increased oil secretion**
- B. Smoother skin texture**
- C. Faster skin aging**
- D. Decreased hydration**

Regular exfoliation offers the benefit of smoother skin texture by removing dead skin cells from the surface of the skin. This process helps to reveal the fresher, healthier skin layer underneath. When dead cells build up, they can contribute to a rough, uneven texture and can also lead to clogged pores, which can result in breakouts or dullness. By exfoliating regularly, the skin can maintain a clearer and more refined appearance. Additionally, smoother skin texture can enhance the absorption of other skincare products, allowing them to penetrate more effectively and providing a more radiant complexion. This benefit is particularly important for individuals looking to maintain a youthful glow and overall skin health. The other options do not align with the positive effects of regular exfoliation, as they either suggest negative outcomes or conditions that are not associated with this practice.

## **2. What is an example of retail supplies?**

- A. Equipment for services**
- B. Items available for sale to clients**
- C. Cleaning supplies**
- D. Employee uniforms**

Retail supplies refer specifically to the products that a salon or spa offers for sale to clients, enabling them to continue their beauty or skincare regimen at home or enhance their experience between appointments. Items available for sale to clients can include skincare products, makeup, tools, and other beauty-related items. This focus on retail allows clients to recreate the results they achieve in a professional setting in their day-to-day lives, thus fostering brand loyalty and encouraging return visits. In contrast, equipment for services is intended for use within the facility and is not available for clients to purchase. Cleaning supplies are necessary for maintaining hygiene and cleanliness of the establishment but do not directly contribute to client retail experiences. Employee uniforms are part of staff presentation and professionalism but do not fall into the category of items clients can buy. Therefore, items available for sale to clients stand out as the quintessential example of retail supplies.

### **3. In what forms are hard waxes available?**

- A. Ribbons and tubes**
- B. Blocks, disks, pellets, or beads**
- C. Sheets and rolls**
- D. Granules and jars**

Hard waxes are commonly available in various forms, which primarily include blocks, disks, pellets, or beads. This availability is crucial for estheticians, as these forms allow for versatile application methods that can accommodate different areas of the body and varying hair types. For instance, blocks and disks can be melted down for larger body areas, while pellets or beads provide the convenience of easy measurement and melting for smaller or more delicate areas. The consistency and formulation of hard waxes make them suitable for adherence to the hair rather than the skin, which is effective in removing coarse hair while minimizing discomfort. Understanding the forms hard waxes are available in equips estheticians to choose the most appropriate type for their client's needs and ensures a successful hair removal process. This information is vital for anyone preparing for a career in esthetics, particularly for practical applications at the state board level.

### **4. How many weekly peels should not be exceeded for a client?**

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

For clients receiving chemical peels, it is essential to establish a safe and effective frequency to avoid risking skin irritation, damage, or adverse reactions. Typically, it is recommended that clients do not exceed a certain number of peels per week to allow for proper skin recovery and to minimize potential side effects. The appropriate answer indicates that a maximum of eight weekly peels can be conducted safely. This limit allows the skin adequate time to heal between treatments, ensuring that the benefits of the peels, such as exfoliation and skin renewal, can occur without over-stressing the skin's barrier. Following this guideline helps maintain skin health and ensures that the treatment regimen is effective while preventing complications associated with over-exfoliation. In comparison, the other options suggest a frequency that could potentially compromise skin integrity, depending on individual skin types, conditions, and the type of peel administered. Exceeding eight weekly peels could lead to excessive irritation, increased sensitivity, or counterproductive results, emphasizing the importance of adhering to this recommended limit in professional practice.

**5. Estrogen used in hormone replacement therapy can be derived from?**

- A. Only synthetic chemicals**
- B. Plants or animals**
- C. Only plants**
- D. Only animals**

Estrogen used in hormone replacement therapy can indeed be derived from both plants and animals. This is because the active compounds that mimic estrogens in the body can be extracted from plant sources, such as soy and yams, which contain phytoestrogens. Additionally, animal sources are also utilized, particularly in the case of conjugated estrogens that are derived from the urine of pregnant mares. The use of both sources allows for a variety of estrogen formulations that can address the specific needs of patients undergoing hormone replacement therapy. The blend of these natural and bioidentical hormones caters to different biological responses and treatment preferences, providing flexibility in managing symptoms associated with menopause and other hormonal imbalances.

**6. What is the main focus of cosmetic dermatology?**

- A. Health improvement**
- B. Enhancing appearance**
- C. Medical treatment of skin diseases**
- D. Weight management**

The main focus of cosmetic dermatology is enhancing appearance. This branch of dermatology is primarily concerned with improving the aesthetic aspects of the skin, hair, and nails. Cosmetic dermatologists use a variety of procedures and treatments, including injectables like Botox and fillers, laser treatments, peels, and various skin rejuvenation techniques, to help individuals achieve a more youthful and attractive appearance. The emphasis on aesthetic outcomes differentiates cosmetic dermatology from other areas of dermatology that are focused on the treatment of medical skin conditions. While overall health improvement and medical treatment of skin diseases are essential parts of dermatological practice, the specific aim of cosmetic dermatology is to make cosmetic improvements that boost an individual's confidence and satisfaction with their appearance.

**7. How many calories are there in a single gram of fat?**

- A. 4**
- B. 7**
- C. 9**
- D. 12**

A single gram of fat contains 9 calories. This is based on the energy content of macronutrients, where fats provide the highest caloric value compared to carbohydrates and proteins, which contain 4 calories per gram. Understanding this caloric value is important in nutrition, especially for those involved in esthetics and wellness, as fat plays a crucial role in body functions, hormone production, and absorption of fat-soluble vitamins. Recognizing the energy density of fat helps in creating balanced dietary plans and managing caloric intake effectively.

## 8. What does pH stand for in chemistry?

- A. Potential hydrogen**
- B. Permissible hardness**
- C. Positive heat**
- D. Potential hydrolysis**

pH stands for "potential hydrogen," which refers to the concentration of hydrogen ions in a solution. It is a measure of how acidic or alkaline a substance is, with lower pH values indicating higher acidity due to increased hydrogen ions, while higher pH values indicate lower acidity and more alkalinity. The concept of pH is fundamental in chemistry, particularly in fields such as biology and environmental science, as it affects chemical reactions, biological processes, and the behavior of substances in different environments. Understanding pH is crucial for estheticians, as it influences the formulation and efficacy of skincare products and treatments.

## 9. Which of the following statements about pH is true?

- A. pH is always a whole number**
- B. pH levels can range from 0 to 14**
- C. pH is only applicable to liquids**
- D. pH is constant regardless of temperature**

The statement that pH levels can range from 0 to 14 is indeed true and reflects the standard pH scale used in chemistry and esthetics. This range indicates the acidity or alkalinity of a substance, where 0 represents a highly acidic solution, 7 is neutral, and 14 represents a highly alkaline solution. This scale is fundamental in esthetics, particularly when formulating products or performing treatments, as it helps professionals understand how different substances may interact with the skin. In contrast, the other statements do not accurately describe pH. While pH can be represented in decimals, implying that it is not limited to whole numbers, it is more nuanced in its application across various substances, not just confined to liquids. Furthermore, pH does change with temperature; for example, as temperature increases, the pH of pure water drops slightly, indicating that it is not constant across different thermal conditions. Therefore, the correct understanding of the pH scale being between 0 and 14 is essential for anyone working in esthetics and related fields.

**10. What type of muscles are known as nonstriated muscles?**

- A. Voluntary muscles**
- B. Cardiac muscles**
- C. Skeletal muscles**
- D. Involuntary muscles**

Nonstriated muscles, also known as smooth muscles, are classified as involuntary muscles. This means they function without conscious control, which is a defining characteristic of involuntary muscles. Smooth muscles are typically found in the walls of hollow organs, such as the intestines and blood vessels, and they play a crucial role in processes such as digestion and blood circulation by contracting and relaxing in response to various stimuli. In contrast, voluntary muscles, such as skeletal muscles, are under conscious control, allowing for movement of the body. Cardiac muscles, while also striated, are unique to the heart and also operate involuntarily but are not categorized as nonstriated. Understanding the distinction between striated and nonstriated muscles, as well as voluntary and involuntary control, helps to clarify this classification. The recognition of how smooth muscles function in an involuntary context is essential for grasping the broader concept of muscle types in the human body.