

MILADY ESTHETICS STATE BOARD PRACTICE TEST (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. Scabies is caused by which type of organism?**
 - A. Bacteria
 - B. Virus
 - C. Animal parasite
 - D. Fungi
- 2. Which of the following muscles plays a key role in head movement?**
 - A. Masseter
 - B. Frontalis
 - C. Temporalis
 - D. Sternocleidomastoideus
- 3. Which group of nutrients is essential for preventing hypoglycemia?**
 - A. Fats
 - B. Vitamins
 - C. Carbohydrates
 - D. Minerals
- 4. Which type of product is most effective for combination skin?**
 - A. Oil-based
 - B. Alcohol-based
 - C. Water-based
 - D. Cream-based
- 5. Which factors can contribute to dehydrated skin?**
 - A. Only internal factors
 - B. Only external factors
 - C. Internal or external factors
 - D. Genetic predisposition
- 6. Sunburns and skin cancers are primarily caused by which type of rays?**
 - A. UVA
 - B. UVB
 - C. UVC
 - D. Infrared

- 7. What do we call the liquid component of blood?**
- A. Platelets
 - B. Cells
 - C. Plasma
 - D. Serum
- 8. The "fight or flight" response is primarily controlled by which glands?**
- A. Thyroid glands
 - B. Pancreas
 - C. Adrenal glands
 - D. Pituitary glands
- 9. When two or more atoms bond chemically, they create what?**
- A. Molecule
 - B. Compound
 - C. Element
 - D. Ion
- 10. During an indirect high-frequency current application, what should the client do with the tube electrode?**
- A. Place it in a warm bath
 - B. Hold it
 - C. Leave it on the treatment bed
 - D. Keep it at a distance from their skin

Answers

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

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Explanations

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1. Scabies is caused by which type of organism?

- A. Bacteria
- B. Virus
- C. Animal parasite
- D. Fungi

Scabies is caused by an animal parasite, specifically the *Sarcoptes scabiei* mite, which burrows into the upper layer of the skin to live and lay eggs. This small, contagious parasite leads to intense itching and a rash as a result of the body's allergic reaction to the mites and their waste. Understanding that scabies is a parasitic infestation is crucial in the field of esthetics, as it emphasizes the importance of proper sanitation and hygiene in both professional settings and personal care to prevent the transmission of such organisms. The other types of organisms listed—bacteria, viruses, and fungi—each have distinct characteristics and treatments that do not apply to scabies. Bacteria and viruses typically require different forms of intervention and are not involved in the type of infestation caused by mites. Fungi, while they can cause skin issues (like athlete's foot or ringworm), are entirely different from the parasitic nature of scabies. Thus, recognizing scabies specifically as an animal parasite is essential for effective identification and management in esthetic practices.

2. Which of the following muscles plays a key role in head movement?

- A. Masseter
- B. Frontalis
- C. Temporalis
- D. Sternocleidomastoideus

The muscle that plays a key role in head movement is the sternocleidomastoideus. This muscle is primarily responsible for the flexion and rotation of the head. When one side of the sternocleidomastoideus contracts, it allows the head to rotate to the opposite side, while contraction of both sides results in the forward bending of the neck. The other muscles listed, while they do have important functions, do not primarily facilitate head movement. The masseter is mainly involved in the chewing process, as it is one of the primary muscles responsible for elevating the jaw. The frontalis muscle is part of the epicranium and primarily functions in the movement of the forehead, such as raising the eyebrows and wrinkling the forehead. The temporalis muscle, similar to the masseter, is also involved in the process of mastication (chewing), aiding in the elevation and retraction of the mandible. Therefore, the sternocleidomastoideus stands out as the primary muscle involved in head movement.

3. Which group of nutrients is essential for preventing hypoglycemia?

- A. Fats
- B. Vitamins
- C. Carbohydrates**
- D. Minerals

Carbohydrates are essential for preventing hypoglycemia, which is a condition characterized by abnormally low levels of glucose in the blood. Carbohydrates are the primary energy source for the body, and when consumed, they are broken down into glucose, which enters the bloodstream. This process is vital because glucose is the main fuel that the brain and body need to function properly. When carbohydrate intake is inadequate, the body struggles to maintain normal blood sugar levels, potentially leading to hypoglycemia. Foods high in carbohydrates, such as grains, fruits, and starchy vegetables, help to quickly elevate blood glucose levels, making them crucial for preventing this condition. Eating a balanced diet that includes an adequate amount of carbohydrates can help ensure that glucose levels remain stable and prevent the dips that lead to hypoglycemia. In contrast, while fats, vitamins, and minerals are important for overall health and metabolic functions, they do not directly provide the rapid energy needed to stabilize blood sugar levels like carbohydrates do. Each of these other nutrient groups plays different roles, such as supporting immune function, bone health, and energy metabolism, but they do not serve the primary function of preventing hypoglycemia.

4. Which type of product is most effective for combination skin?

- A. Oil-based
- B. Alcohol-based
- C. Water-based**
- D. Cream-based

Water-based products are most effective for combination skin due to their lightweight formulation and ability to hydrate without overloading the skin. Combination skin typically exhibits characteristics of both oily and dry skin types, with some areas being more oily (such as the T-zone) and others being dry or normal. Water-based products can effectively balance moisture levels, providing hydration to the drier areas while avoiding excess oiliness in the more oily regions. These products are often formulated with ingredients that soothe and hydrate the skin, making them suitable for addressing the diverse needs of combination skin types. Since they do not contain heavy oils or alcohol, they help maintain a clear complexion without exacerbating any oiliness, making them a better choice for overall skin balance. In contrast, oil-based products can add too much oil to the already oily areas, potentially leading to breakouts. Alcohol-based products can be too harsh and drying, particularly on the dry areas of the face. Cream-based products, while hydrating, can also be heavier and may not provide the necessary balance for combination skin. Thus, water-based products are the most appropriate option for effectively managing combination skin.

5. Which factors can contribute to dehydrated skin?

- A. Only internal factors
- B. Only external factors
- C. Internal or external factors**
- D. Genetic predisposition

Dehydrated skin can result from both internal and external factors, which is why this choice is correct. Internal factors may include insufficient water intake, hormonal changes, or health conditions that affect skin hydration. External factors often relate to environmental influences such as dry weather, exposure to harsh soaps, air conditioning, or heating systems that strip moisture from the skin. Recognizing that dehydration can stem from a combination of these influences is crucial for effectively managing and treating the condition. For instance, a skincare professional might recommend increasing water consumption and using hydrating products in tandem with minimizing exposure to drying environments. By addressing both internal and external stimuli, comprehensive skincare strategies can be developed to restore moisture balance in the skin.

6. Sunburns and skin cancers are primarily caused by which type of rays?

- A. UVA
- B. UVB**
- C. UVC
- D. Infrared

Sunburns and skin cancers are primarily caused by UVB rays. UVB rays have a shorter wavelength than UVA rays and are more intense, making them the primary cause of sunburn, as they directly affect the outer layer of the skin. This exposure leads to skin damage and inflammation that can increase the risk of skin cancer over time. While UVA rays can also contribute to skin damage and aging, they are primarily associated with deeper skin penetration and photoaging rather than immediate sunburn effects. UVC rays are mostly absorbed by the ozone layer and do not significantly reach the Earth's surface, so they do not play a role in causing sunburn or skin cancer. Infrared rays, on the other hand, do not cause sunburn or directly contribute to skin cancer but can possibly affect skin temperature and sensation.

7. What do we call the liquid component of blood?

- A. Platelets
- B. Cells
- C. Plasma**
- D. Serum

The liquid component of blood is referred to as plasma. Plasma makes up about 55% of total blood volume and serves several critical functions in the body. It is primarily composed of water, but it also contains proteins, electrolytes, nutrients, hormones, and waste products. Plasma plays a vital role in transporting these substances throughout the body, helping to regulate body temperature, maintain pH levels, and facilitate the immune response. Platelets and cells are not liquid components; instead, platelets are small cell fragments involved in clotting, while the cells in blood include red blood cells, white blood cells, and platelets. Serum is a component related to plasma but is the liquid that remains after blood has clotted. It lacks clotting factors and is often used in diagnostic tests, but it is not the primary liquid component of blood itself.

8. The "fight or flight" response is primarily controlled by which glands?

- A. Thyroid glands
- B. Pancreas
- C. Adrenal glands**
- D. Pituitary glands

The "fight or flight" response is primarily associated with the adrenal glands, which play a crucial role in the body's reaction to stress. When faced with a perceived threat, the adrenal glands release key hormones, such as adrenaline (epinephrine) and norepinephrine, into the bloodstream. These hormones prepare the body to either confront the danger or flee from it by triggering various physiological changes, including increased heart rate, heightened alertness, and redirected blood flow to vital organs and muscles. The thyroid glands, pancreas, and pituitary glands have different functions within the body's endocrine system. The thyroid regulates metabolism, the pancreas manages insulin and glucose levels, and the pituitary gland acts as a master control gland that influences many other endocrine glands. However, none of these glands are directly responsible for initiating the "fight or flight" response in the way that the adrenal glands are. Understanding the role of the adrenal glands in stress response is crucial for grasping concepts related to the body's physiological reactions to anxiety and danger.

9. When two or more atoms bond chemically, they create what?

- A. Molecule**
- B. Compound
- C. Element
- D. Ion

When two or more atoms bond chemically, they create a molecule. This occurs when atoms share electrons through covalent bonds or when ions are held together by ionic bonds. A molecule is the simplest structural unit of a substance that retains all of the properties of that substance, and it can consist of two or more atoms of the same or different elements. In contrast, a compound specifically refers to a type of molecule that is formed from at least two different elements. While every compound is a molecule, not all molecules are compounds; for example, O₂ (oxygen gas) is a molecule but not a compound since it consists of only one element. An element refers to a pure substance consisting entirely of one type of atom, which doesn't bond with other atoms chemically to form anything new. Lastly, an ion is an atom or molecule that has gained or lost one or more electrons, resulting in a net electric charge, and is not the result of a straightforward chemical bond. Thus, when considering the bonding of two or more atoms, the creation of a molecule is the most accurate answer.

10. During an indirect high-frequency current application, what should the client do with the tube electrode?

- A. Place it in a warm bath
- B. Hold it**
- C. Leave it on the treatment bed
- D. Keep it at a distance from their skin

During an indirect high-frequency current application, it is essential for the client to hold the tube electrode. This allows the electric current to pass through the client's body effectively, creating beneficial effects such as increased circulation, improved skin texture, and enhanced product penetration. When held, the electrode facilitates the flow of the current, enhancing the overall treatment experience. The interaction of the client's body with the current through the held electrode contributes to the therapeutic effects intended in esthetic applications. Ensuring proper contact is crucial, as it allows for the even distribution of the high-frequency currents across the skin, optimizing the treatment results. Therefore, having the client actively participate by holding the electrode is a vital aspect of the indirect high-frequency method.

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://miladyesthetictics.examzify.com>

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

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