

Missouri Esthetics State Board Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. What is the role of hemoglobin in red blood cells?**
 - A. Fights infections**
 - B. Attracts oxygen molecules**
 - C. Helps in blood coagulation**
 - D. Transports carbon dioxide**

- 2. Which muscle helps in expressing doubt by wrinkling the chin?**
 - A. Mentalis**
 - B. Risorius**
 - C. Platysma**
 - D. Buccinator**

- 3. Which shock affects the entire nervous system?**
 - A. General Shock**
 - B. Local Shock**
 - C. Synaptic Shock**
 - D. Neural Shock**

- 4. Which brain structure is often referred to as the "little brain"?**
 - A. Pons**
 - B. Cerebellum**
 - C. Medulla Oblongata**
 - D. Cerebrum**

- 5. Which machine sterilizes surgical instruments using high-pressure, high-temperature vapors?**
 - A. UV Light Sterilizer**
 - B. Chemiclave**
 - C. Disinfectant Spray**
 - D. Steam Cleaner**

- 6. What is the function of the Pons in the brain?**
- A. Regulates breathing**
 - B. Connects other parts of the brain**
 - C. Controls voluntary movement**
 - D. Processes visual information**
- 7. What is the main feature of a high frequency current in esthetics?**
- A. It cannot be adjusted to produce heat**
 - B. It produces constant direct current**
 - C. It can be adjusted to create calming effects on the skin**
 - D. It is alternating current that can produce heat**
- 8. What type of tissue supports, protects, and holds the body together?**
- A. Epithelial Tissue**
 - B. Connective Tissue**
 - C. Nerve Tissue**
 - D. Muscular Tissue**
- 9. What component of blood is responsible for transporting waste to the liver and kidneys?**
- A. Platelets**
 - B. White blood cells**
 - C. Hemoglobin**
 - D. Blood**
- 10. What do we call bacteria that do not cause disease and are generally harmless?**
- A. Pathogenic**
 - B. Non-pathogenic**
 - C. Virulent**
 - D. Innocuous**

Answers

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

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Explanations

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1. What is the role of hemoglobin in red blood cells?

- A. Fights infections
- B. Attracts oxygen molecules**
- C. Helps in blood coagulation
- D. Transports carbon dioxide

Hemoglobin plays a crucial role in red blood cells by binding to oxygen molecules in the lungs and transporting them throughout the body. This protein is essential for delivering oxygen to tissues and organs, where it is utilized for various metabolic processes. The structure of hemoglobin allows it to effectively pick up oxygen in areas of high concentration, such as the lungs, and release it in areas of lower concentration, such as tissues that are metabolically active and require oxygen for energy production. Additionally, hemoglobin is also involved in transporting some carbon dioxide, but its primary function is to carry oxygen. Understanding this role is key in recognizing how blood functions to supply vital oxygen to the body's cells, which is critical for overall health and well-being. Other functions, such as fighting infections and aiding in blood coagulation, are not part of hemoglobin's role, as those are performed by other components of the blood and the immune system.

2. Which muscle helps in expressing doubt by wrinkling the chin?

- A. Mentalis**
- B. Risorius
- C. Platysma
- D. Buccinator

The mentalis muscle is primarily responsible for the movement of the chin and is specifically associated with expressing emotions such as doubt or irritation. When the mentalis contracts, it causes the skin of the chin to wrinkle and protrude the lower lip, creating a facial expression that conveys skepticism or uncertainty. This subtle movement is a key indicator of non-verbal communication, illustrating how facial muscles contribute to emotional expression. The other muscles listed serve different functions. For instance, the risorius muscle is involved in smiling or grinning, the platysma handles tension and movements of the neck and lower face, while the buccinator assists in actions related to chewing and blowing, such as keeping food positioned between the teeth. Each muscle has its unique role in facial expressions, but the mentalis is specifically linked to the expression of doubt due to its anatomical position and function.

3. Which shock affects the entire nervous system?

A. General Shock

B. Local Shock

C. Synaptic Shock

D. Neural Shock

The term that describes shock affecting the entire nervous system is general shock. This type of shock typically involves a systemic response to a significant disruption in the body, such as severe trauma, loss of blood, or major infection, leading to a state that can compromise the function of the entire nervous system. In general shock, the body experiences widespread physiological changes, including alterations in heart rate, blood pressure, and circulation, all of which have a profound impact on the functioning of the nervous system. As a consequence, the brain and spinal cord might not receive adequate blood flow and oxygen, impacting their ability to function properly. Other types of shock, like local shock, focus on a specific area of the body rather than affecting the system as a whole. Synaptic and neural shocks involve more specific neurological contexts that do not encompass the entirety of the nervous system. Understanding the systemic nature of general shock helps clarify its significance in medical and emergency scenarios, making it crucial for those studying esthetics and related fields.

4. Which brain structure is often referred to as the "little brain"?

A. Pons

B. Cerebellum

C. Medulla Oblongata

D. Cerebrum

The cerebellum is often referred to as the "little brain" due to its smaller size compared to other brain structures, particularly the cerebrum. Although it occupies a relatively smaller region at the back of the brain, the cerebellum plays a critical role in coordinating voluntary movements, balance, and posture. It is essential for motor control and has a significant impact on motor learning and cognitive functions related to movement. The unique structure of the cerebellum, with its distinct folds and lobes, further distinguishes it from other brain parts. Its ability to process sensory information and integrate it with motor commands is vital for smooth and coordinated muscle activity, making it indispensable for activities that require precision, such as writing or playing a musical instrument. Understanding the functions of the cerebellum in relation to its role in the nervous system can deepen one's appreciation of how different brain structures contribute to overall cognitive and motor functions.

5. Which machine sterilizes surgical instruments using high-pressure, high-temperature vapors?

- A. UV Light Sterilizer**
- B. Chemiclave**
- C. Disinfectant Spray**
- D. Steam Cleaner**

The machine that sterilizes surgical instruments using high-pressure, high-temperature vapors is the Chemiclave. This device operates using a combination of heat, pressure, and a sterilizing agent, which is typically a chemical vapor, to effectively kill microorganisms on the instruments. The process involves heating the chamber to elevated temperatures while maintaining a high-pressure environment, which increases the temperature of the chemical vapor and enhances its sterilizing properties. Unlike other options, the Chemiclave is specifically designed for sterilization rather than disinfection or cleaning. For example, UV Light Sterilizers utilize ultraviolet light to kill bacteria and viruses but do not use heat or pressure, making them less effective for certain types of instruments. Disinfectant sprays are used for surface sanitation but are not capable of providing the high level of sterilization that surgical instruments require. Steam cleaners also utilize steam but typically do not maintain the same high-pressure environment necessary for effective sterilization compared to a Chemiclave. This makes the Chemiclave the ideal choice for ensuring that surgical instruments are completely free of any living pathogens, ready for safe use in medical settings.

6. What is the function of the Pons in the brain?

- A. Regulates breathing**
- B. Connects other parts of the brain**
- C. Controls voluntary movement**
- D. Processes visual information**

The function of the Pons in the brain primarily involves connecting various parts of the brain, which facilitates communication between different regions. It acts as a relay station for signals traveling between the cerebellum and the cerebrum, and also plays a crucial role in transmitting messages related to sensations, motor function, and the regulation of autonomic functions. This connectivity is essential for coordinating movements and integrating functions like sleep and arousal. While the Pons does play a role in regulating some autonomic functions such as breathing, that is not its primary function. Similarly, while it may be involved in aspects of movement due to its connections with the cerebellum, it does not control voluntary movement by itself. Processing visual information is heavily associated with other regions of the brain, such as the occipital lobe, rather than the Pons specifically. Thus, identifying the Pons as a connector of brain regions highlights its essential role in facilitating overall brain function and communication.

7. What is the main feature of a high frequency current in esthetics?

- A. It cannot be adjusted to produce heat**
- B. It produces constant direct current**
- C. It can be adjusted to create calming effects on the skin**
- D. It is alternating current that can produce heat**

The main feature of high frequency current in esthetics is that it is an alternating current that can produce heat. This characteristic is particularly important in various skincare treatments, as the application of heat can enhance blood circulation and promote cellular metabolism. The oscillation of high frequency current not only aids in treating various skin conditions but also allows for the stimulation of the skin, which can lead to improved product penetration and a more effective treatment overall. The use of heat generated by this current assists in balancing oil production, reducing inflammation, and even aiding in the healing of blemishes and acne. In the context of other choices, the inability to adjust heat levels or the production of constant direct current are characteristics that do not apply to high frequency treatment. High frequency devices are designed specifically to allow practitioners to modify settings to suit individual client needs, providing a versatile tool in esthetic practices. Additionally, while calming effects may be a benefit of some high frequency treatments due to their soothing nature when applied correctly, the defining feature that distinguishes high frequency in esthetics is the alternating current that can generate warmth and enhance various treatment outcomes.

8. What type of tissue supports, protects, and holds the body together?

- A. Epithelial Tissue**
- B. Connective Tissue**
- C. Nerve Tissue**
- D. Muscular Tissue**

Connective tissue is essential for supporting, protecting, and holding the body together. It plays a critical role in various functions throughout the body, including providing structure, binding other tissues and organs together, storing energy, and facilitating the transport of nutrients and waste products. Connective tissue includes various types such as bone, cartilage, adipose (fat) tissue, and blood, each serving a unique function but collectively contributing to the overall support and organization of the body. Epithelial tissue primarily serves as a protective layer covering body surfaces and organs, and it is involved in absorption and secretion processes. Though vital for protecting the body, it does not provide the structural support that connective tissue does. Nerve tissue is specialized for communication and signaling within the body, primarily composed of neurons and supportive glial cells. Its main function is to transmit nerve impulses, rather than providing support or holding the body together. Muscular tissue is responsible for movement. It enables the body to perform various actions and maintain posture but does not provide the foundational support or protection that connective tissue offers. This understanding of connective tissue emphasizes its fundamental role in the body's structure and function, which is why it is the correct answer to the question.

9. What component of blood is responsible for transporting waste to the liver and kidneys?

- A. Platelets**
- B. White blood cells**
- C. Hemoglobin**
- D. Blood**

Blood is the primary component responsible for transporting a variety of substances throughout the body, including metabolic waste products. The circulatory system, which consists of blood, is designed to transport waste materials produced by cells to the liver and kidneys for processing and excretion. The liver plays a significant role in detoxifying chemicals and metabolizing drugs, while the kidneys filter blood to produce urine, eliminating waste products from the body. Platelets are involved in blood clotting and do not play a role in waste transport. White blood cells are part of the immune system, focusing on defending the body against infections and diseases, rather than transporting waste. Hemoglobin is a protein within red blood cells that carries oxygen from the lungs to the body and carbon dioxide from the body back to the lungs, but it is not directly responsible for waste transport to the organs that filter and eliminate waste. Therefore, the comprehensive function of blood makes it the correct answer in this context.

10. What do we call bacteria that do not cause disease and are generally harmless?

- A. Pathogenic**
- B. Non-pathogenic**
- C. Virulent**
- D. Innocuous**

The term for bacteria that do not cause disease and are generally harmless is "non-pathogenic." These bacteria are part of the normal flora of the body and play important roles in processes such as digestion and protecting against harmful microorganisms. They are vital for maintaining a healthy balance in both human and environmental ecosystems. Understanding the distinction between non-pathogenic bacteria and pathogenic bacteria is crucial for estheticians and others in the beauty and health fields. Non-pathogenic bacteria can support skin health, whereas pathogenic bacteria can lead to infections and other health issues. This knowledge helps professionals provide better care and maintain hygiene standards. The other terms listed refer to different concepts in microbiology. "Pathogenic" bacteria are those that can cause diseases, while "virulent" refers to the degree of pathogenicity, meaning how severe the disease-producing capability of a pathogen can be. "Innocuous" typically means harmless but does not specifically refer to bacteria exclusively. Therefore, "non-pathogenic" is the most precise term for describing bacteria that are harmless and do not cause disease.

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://moestheticsstateboard.examzify.com>

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