

MISSOURI ESTHETICS STATE BOARD PRACTICE EXAM (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. How many bones make up the cranium?**
 - A. 14
 - B. 8
 - C. 22
 - D. 26
- 2. Which part of the brain regulates motor function and balance?**
 - A. Cerebellum
 - B. Cerebrum
 - C. Medulla Oblongata
 - D. Pons
- 3. What is one potential effect of galvanic current on the skin?**
 - A. Potential dehydration
 - B. Electrolyte imbalance
 - C. Skin tightening
 - D. Electrochemical effects
- 4. Which muscle draws the corners of the mouth down, expressing sadness?**
 - A. Caninus
 - B. Triangularis
 - C. Risorius
 - D. Zygomaticus
- 5. Which system in the body is responsible for the steady circulation of blood?**
 - A. Nervous system
 - B. Respiratory system
 - C. Circulatory system
 - D. Muscular system
- 6. Which unit is used to measure electrical power?**
 - A. Ohm
 - B. Watt
 - C. Volt
 - D. Ampere

- 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 muscle is positioned below the lower lip and pulls the lip down or to the side?**
- A. Auricularis superior
 - B. Quadratus labii inferioris
 - C. Corrugator
 - D. Orbicularis oculi
- 9. Viruses, bacteria, protozoa, and fungi are all examples of what?**
- A. Infectious Agents
 - B. Pathogens
 - C. Parasites
 - D. Diseases
- 10. Which of the following muscles is primarily involved in the action of chewing?**
- A. Mentalis
 - B. Temporalis
 - C. Triangularis
 - D. Zygomaticus

Answers

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

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Explanations

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1. How many bones make up the cranium?

- A. 14
- B. 8**
- C. 22
- D. 26

The cranium is composed of eight specific bones that protect the brain and support the structures of the face. This group includes the frontal bone, two parietal bones, two temporal bones, the occipital bone, the sphenoid bone, and the ethmoid bone. Each of these bones plays a crucial role in forming the protective casing around the brain, housing its delicate structures, and providing attachment points for muscles and ligaments. In contrast, the total number of bones in the adult human skull, which comprises both the cranium and the facial bones, is typically around 22. However, the question is specifically asking about the cranium itself, thereby making the correct count eight. This distinction is critical in understanding the anatomical structure of the skull and the importance of each bone in relation to overall cranial function and safety.

2. Which part of the brain regulates motor function and balance?

- A. Cerebellum**
- B. Cerebrum
- C. Medulla Oblongata
- D. Pons

The cerebellum is the part of the brain that is primarily responsible for regulating motor function and balance. It plays a crucial role in coordinating voluntary movements, maintaining posture, and ensuring smooth and balanced motor activities. This area of the brain processes sensory information from the body, which allows it to fine-tune muscle movements and maintain equilibrium during various physical activities. In contrast, the cerebrum is involved in higher cognitive functions such as reasoning, problem-solving, and emotions, rather than specifically regulating motor control and balance. The medulla oblongata primarily controls involuntary functions such as heart rate, breathing, and other autonomic processes. The pons acts as a bridge between different parts of the nervous system and is involved in regulating sleep and arousal but does not directly oversee motor function or balance like the cerebellum does.

3. What is one potential effect of galvanic current on the skin?

- A. Potential dehydration
- B. Electrolyte imbalance
- C. Skin tightening
- D. Electrochemical effects**

Galvanic current is a direct current and is commonly used in esthetics to facilitate various skin treatments. One of its significant effects on the skin is the electrochemical reaction it induces. This reaction occurs when the current passes through the skin, leading to either the ionization of substances or the enhancement of penetration of products, which can aid in benefits like detoxification and increased product efficacy. The electrochemical effects produced by galvanic current can improve circulation, promote tissue hydration, and help in the extraction of impurities through iontophoresis and desincrustation. These processes contribute to overall skin health and appearance, demonstrating the therapeutic potential of this electrical modality in esthetic treatments.

4. Which muscle draws the corners of the mouth down, expressing sadness?

- A. Caninus
- B. Triangularis**
- C. Risorius
- D. Zygomaticus

The muscle that draws the corners of the mouth down, expressing sadness, is the triangularis. This muscle, also known as the depressor anguli oris, is located at the corners of the mouth and plays a crucial role in facial expressions. When it contracts, it pulls the corners of the mouth downward, facilitating an expression commonly associated with sadness or frowning. Understanding the anatomy of facial muscles is important in the field of esthetics, especially for procedures that involve facial rejuvenation or enhancement. Recognizing which muscles contribute to specific expressions helps professionals predict and manage emotional expressions in clients. The caninus muscle, while involved in facial expressions, primarily assists in raising the corners of the mouth, contributing to a sneer. The risorius assists in drawing the mouth sideways, often associated with slight smiles or smirks. The zygomaticus muscle, on the other hand, is responsible for elevating the corners of the mouth into a smile. Therefore, these muscles do not function to create the expression of sadness but rather contribute to positive or neutral expressions.

5. Which system in the body is responsible for the steady circulation of blood?

- A. Nervous system
- B. Respiratory system
- C. Circulatory system**
- D. Muscular system

The circulatory system is responsible for the steady circulation of blood throughout the body. This system comprises the heart, blood vessels, and blood itself. Its primary function is to transport oxygen, nutrients, hormones, and waste products to and from the cells of the body. The heart pumps blood, allowing it to flow through the arteries, reach various tissues, and return through the veins. This continuous movement is essential for maintaining homeostasis and ensuring that all the body's organs function efficiently. The other systems mentioned, while crucial to overall bodily function, do not serve the primary role of circulating blood. The nervous system controls the body's responses and regulates involuntary functions but does not circulate blood. The respiratory system is involved in the exchange of gases, namely oxygen and carbon dioxide, but it does not directly impact blood circulation. The muscular system enables movement and supports skeletal function but does not have the inherent mechanism to circulate blood like the circulatory system does.

6. Which unit is used to measure electrical power?

- A. Ohm
- B. Watt**
- C. Volt
- D. Ampere

The unit used to measure electrical power is the watt. Power in an electrical context is defined as the rate at which electrical energy is transferred by an electric circuit. One watt is equivalent to one joule per second, and it is calculated by multiplying voltage (measured in volts) by current (measured in amperes). In practical terms, when using equipment in an esthetic setting, understanding that power consumption is measured in watts helps practitioners assess the energy requirements of various devices, such as light therapy machines or heated tools. The other units listed measure different electrical properties: ohms measure resistance, volts measure electric potential, and amperes measure electric current. Each of these units plays an essential role in the context of electricity but does not directly measure power like the watt does.

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 muscle is positioned below the lower lip and pulls the lip down or to the side?

- A. Auricularis superior
- B. Quadratus labii inferioris**
- C. Corrugator
- D. Orbicularis oculi

The muscle positioned below the lower lip that pulls the lip down or to the side is the Quadratus labii inferioris. This muscle plays a significant role in facial expressions, specifically in actions that involve lowering the lower lip or creating a frowning look. Its name comes from its location and function: "quadratus" suggesting a quadrilateral shape and "labii inferioris" indicating its connection to the lower lip. The role of the Quadratus labii inferioris is particularly important in esthetic practices, as understanding facial muscular anatomy can help practitioners recognize how to enhance or alter expressions through procedures. By being aware of this muscle's function, estheticians can better anticipate how treatments might impact the appearance of the mouth and overall facial aesthetics.

9. Viruses, bacteria, protozoa, and fungi are all examples of what?

- A. Infectious Agents
- B. Pathogens**
- C. Parasites
- D. Diseases

Viruses, bacteria, protozoa, and fungi are all classified as pathogens, which are organisms that cause disease in hosts. Pathogens can invade the body, multiply, and lead to various health issues. Understanding that these microorganisms are capable of causing infections and diseases is crucial in the field of esthetics, as practitioners must be aware of potential risks and how to prevent infections during treatments. In this context, identifying these organisms as pathogens highlights their role in the transmission of diseases, emphasizing the importance of sanitation and hygiene practices in esthetics to protect both clients and practitioners. While "infectious agents" is also a broad term that could encompass all of these, the best choice in terms of the question asked is "pathogens" since it specifically refers to their disease-causing potential. The distinction is important when discussing infection control and safety measures in the esthetics industry.

10. Which of the following muscles is primarily involved in the action of chewing?

A. Mentalis

B. Temporalis

C. Triangularis

D. Zygomaticus

The temporalis muscle plays a crucial role in the action of chewing, known as mastication. This fan-shaped muscle is situated on the side of the skull and is one of the primary muscles responsible for elevating the mandible (lower jaw) to close the mouth. It helps facilitate the grinding and crushing of food, making it essential for effective chewing. In the context of the other muscles listed, the mentalis muscle is primarily responsible for the movement of the lower lip and chin, while the triangularis muscle (part of the depressor anguli oris) is involved in pulling down the corners of the mouth, contributing to facial expressions like sadness. The zygomaticus muscle is associated with smiling and lifting the corners of the mouth. None of these muscles are primarily involved in chewing, which highlights the specialized function of the temporalis in this specific action.

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!

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