

MISSOURI ESTHETICS STATE BOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. What is the primary role of the excretory system?**
 - A. Digest food
 - B. Eliminate waste
 - C. Produce hormones
 - D. Regulate blood sugar
- 2. Which term describes the treatment that utilizes galvanic current to enhance product penetration?**
 - A. Lymphatic Drainage
 - B. Microdermabrasion
 - C. Phoresis
 - D. Mesotherapy
- 3. What is the medical term for bad breath?**
 - A. Odorosis
 - B. Halitosis
 - C. Bromhidrosis
 - D. Phantomitis
- 4. What is the term for a closed path through which electricity leaves the source to power an appliance?**
 - A. Open Circuit
 - B. Closed Path
 - C. Circuit
 - D. Line Voltage
- 5. Which system governs involuntary functions such as breathing and digesting?**
 - A. Central Nervous System
 - B. Autonomic Nervous System
 - C. Sympathetic Nervous System
 - D. Peripheral Nervous System

- 6. What type of change occurs when a substance's identity remains the same?**
- A. Chemical Change
 - B. Physical Change
 - C. Thermal Change
 - D. Biological Change
- 7. What is the study of bones called?**
- A. Osteology
 - B. Physiology
 - C. Histology
 - D. Anatomy
- 8. Which infection control method is defined as the lowest level of infection control?**
- A. Disinfection
 - B. Sterilization
 - C. Sanitation
 - D. Passive Immunity
- 9. What happens to white blood cell levels during the presence of infection?**
- A. They decrease significantly
 - B. They remain constant
 - C. They increase
 - D. They disappear
- 10. What connects the brain to the spinal column?**
- A. Pons
 - B. Medulla Oblongata
 - C. Cerebellum
 - D. Brainstem

Answers

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

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Explanations

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1. What is the primary role of the excretory system?

- A. Digest food
- B. Eliminate waste**
- C. Produce hormones
- D. Regulate blood sugar

The primary role of the excretory system is to eliminate waste from the body. This system comprises various organs that work together to remove harmful byproducts that accumulate from metabolic processes. Key components like the kidneys filter the blood, removing toxins and excess substances, which are then excreted as urine. This function is vital in maintaining the body's homeostasis, ensuring that the internal environment remains stable and balanced despite changes. Other options, while important bodily functions, do not pertain to the primary function of the excretory system. Digesting food relates to the digestive system, producing hormones pertains to the endocrine system, and regulating blood sugar involves the endocrine system as well, particularly the pancreas. Each system has its specific roles, but waste elimination is uniquely the responsibility of the excretory system.

2. Which term describes the treatment that utilizes galvanic current to enhance product penetration?

- A. Lymphatic Drainage
- B. Microdermabrasion
- C. Phoresis**
- D. Mesotherapy

The term that describes the treatment utilizing galvanic current to enhance product penetration is phoresis. This technique involves using an electrical current to drive charged particles of therapeutic substances into the skin, effectively increasing the absorption and effectiveness of topical products. In esthetics, phoresis takes advantage of the principles of iontophoresis, wherein a galvanic current can facilitate the delivery of ionic skincare ingredients, allowing them to penetrate deeper layers of the skin than they might through conventional application methods. This enhances the efficacy of treatments that aim to improve skin conditions, hydrate, or repair the skin barrier. Lymphatic drainage, while beneficial for promoting circulation and reducing puffiness, does not involve galvanic current and is more focused on fluid movement rather than product infusion. Microdermabrasion is an exfoliation technique that removes dead skin cells but does not necessarily utilize electric currents for product penetration. Mesotherapy, on the other hand, typically involves the injection of substances into the mesoderm layer of skin, rather than using electrical current to enhance absorption. This context highlights the unique role of phoresis in esthetic treatments, underscoring its importance as a method for improving skincare product efficacy through enhanced penetration.

3. What is the medical term for bad breath?

- A. Odorosis
- B. Halitosis**
- C. Bromhidrosis
- D. Phantomitis

Halitosis is the medical term for bad breath and is commonly used in both clinical and everyday language. This term specifically refers to an unpleasant odor emanating from the oral cavity, which can be caused by various factors such as poor oral hygiene, certain foods, or underlying health conditions. Understanding this term is important in the field of esthetics, as maintaining oral hygiene can significantly influence overall appearance and social interactions. Other options relate to different conditions: odorosis generally refers to an unpleasant smell but is not specific to breath; bromhidrosis specifically pertains to body odor, particularly from sweat; and phantomitis is not a recognized medical term and does not relate to any type of odor or breath condition. Thus, halitosis is the precise and widely accepted term for bad breath.

4. What is the term for a closed path through which electricity leaves the source to power an appliance?

- A. Open Circuit
- B. Closed Path
- C. Circuit**
- D. Line Voltage

The term that describes a closed path through which electricity leaves the source to power an appliance is "Circuit." In electrical terminology, a circuit consists of a complete loop that allows electric current to flow from the power source to the appliance and back again. This continuous path is essential for the operation of electrical devices, ensuring they receive the necessary energy to function. Understanding circuits is crucial in various applications, including esthetics, where electronic devices are often used. Recognizing the importance of a closed path ensures that equipment operates safely and efficiently, avoiding potential hazards associated with incomplete circuits.

5. Which system governs involuntary functions such as breathing and digesting?

- A. Central Nervous System
- B. Autonomic Nervous System**
- C. Sympathetic Nervous System
- D. Peripheral Nervous System

The Autonomic Nervous System is responsible for regulating involuntary functions of the body, including essential processes such as breathing, digestion, heart rate, and glandular activity. This system operates largely unconsciously, managing the activities that happen automatically in order to maintain homeostasis without conscious thought. It consists of two main branches: the sympathetic and parasympathetic nervous systems, which work together to respond to the body's needs by regulating internal functions under different conditions. Other systems mentioned do not have the same role. The Central Nervous System primarily involves voluntary movement and processing sensory information. The Sympathetic Nervous System is a component of the Autonomic Nervous System that prepares the body for stressful situations, but it does not govern all involuntary functions. The Peripheral Nervous System includes all nerves outside the CNS but also does not specifically control involuntary functions; it is more involved in transmitting signals between the CNS and the rest of the body. Therefore, the Autonomic Nervous System is the most accurate answer regarding regulation of involuntary bodily functions.

6. What type of change occurs when a substance's identity remains the same?

A. Chemical Change

B. Physical Change

C. Thermal Change

D. Biological Change

A physical change occurs when a substance undergoes a transformation that does not alter its chemical identity. This means that despite the change in form, state, or appearance, the substance itself remains chemically the same. Common examples of physical changes include melting, freezing, boiling, and dissolving. These processes can typically be reversed, allowing the original substance to be recovered in its original state. In contrast, a chemical change involves a transformation that changes the substance's chemical structure, resulting in the formation of new substances. Changes like combustion, oxidation, or fermentation fall into this category, as they change the molecular makeup of the substance. Thermal change typically refers to temperature changes that could impact both physical and chemical processes but does not specifically denote a change in identity. Biological change pertains to living organisms and processes that might involve transformation but wouldn't apply to the question about substance identity. Thus, a physical change is distinguished by its preservation of the substance's identity despite alterations in its physical form.

7. What is the study of bones called?

A. Osteology

B. Physiology

C. Histology

D. Anatomy

The study of bones is specifically referred to as osteology. This branch of biology focuses on the structure, function, and development of bones, allowing for a deep understanding of the skeletal system, which is crucial for various fields including medicine, anthropology, and physical therapy. Osteology examines the morphology, types of bones, and their relationships within the body, providing insights into areas such as bone health, skeletal diseases, and forensic science. In contrast, physiology is the study of how living organisms function, encompassing a broad range of biological processes. Histology focuses on the microscopic structure of tissues, while anatomy is the overall study of the structure of organisms, including but not limited to bones. While anatomy includes the study of the skeletal system, osteology narrows the focus specifically to bones, distinguishing it from the broader scope of anatomy.

8. Which infection control method is defined as the lowest level of infection control?

- A. Disinfection
- B. Sterilization
- C. Sanitation**
- D. Passive Immunity

Sanitation is recognized as the lowest level of infection control because it involves reducing the number of microorganisms to a safe level as determined by public health standards. This method typically includes cleaning surfaces and equipment to remove dirt, debris, and some pathogens, thus making environments safe for use. In the context of esthetics, sanitation practices ensure that tools and work areas are maintained in a way that minimizes health risks, though they do not eliminate all forms of bacteria, viruses, or spores. Disinfection and sterilization are two methods that provide higher levels of infection control. Disinfection actively kills a significant number of pathogens but may not eliminate all spores, making it more effective than sanitation. Sterilization represents the highest level of infection prevention, completely eliminating all forms of microbial life, including spores, making it essential for critical items that enter sterile tissue. Passive immunity, while it plays a role in the body's defense against infections, is not a method of infection control in the same way as the other options. Thus, sanitation stands out as the foundational level in infection control practices.

9. What happens to white blood cell levels during the presence of infection?

- A. They decrease significantly
- B. They remain constant
- C. They increase**
- D. They disappear

During an infection, the body's immune response is activated, leading to an increase in white blood cell levels. White blood cells, or leukocytes, are crucial components of the immune system responsible for combating infections, whether bacterial, viral, or fungal. When the body identifies a pathogen, it signals the bone marrow to produce and release more white blood cells into the bloodstream. This increase helps the immune system to more effectively fight off the invading pathogens. Various types of white blood cells, such as neutrophils, lymphocytes, and monocytes, play specific roles in the immune response. The increase in white blood cell counts can be a useful diagnostic indicator for healthcare professionals, as elevated levels typically signify that the body is actively fighting an infection. This physiological response is a vital part of the body's mechanism to maintain health and defend against disease.

10. What connects the brain to the spinal column?

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

The structure that connects the brain to the spinal column is the brainstem. The brainstem serves as a critical pathway through which all the signals between the brain and the body are transmitted, controlling many vital life functions such as heartbeat and breathing. The brainstem consists of the midbrain, pons, and medulla oblongata. While the pons and the medulla oblongata are part of the brainstem and have specific roles in relaying messages and regulating functions, it is the brainstem as a whole that connects the brain to the spinal cord. The cerebellum, on the other hand, is primarily responsible for coordination and balance, not for establishing the connection between the brain and spinal column. Understanding the anatomy and functions of these structures is crucial in fields related to health and wellness, including aesthetics, as they can be relevant when considering human physiology and responses to treatments.

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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