

# Nevada Esthetics State Board License Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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**SAMPLE**

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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 aftercare advice should be given after microdermabrasion?**
  - A. Avoid sun exposure for 24 hours**
  - B. Avoid saunas and steam for 24-48 hours**
  - C. Moisturize immediately**
  - D. Use retinol products**
- 2. What is skin physiology concerned with?**
  - A. Microscopic structure of skin**
  - B. The skin's external appearance**
  - C. The study of the skin's functions**
  - D. The development of skin diseases**
- 3. What is the primary purpose of hand washing in esthetic practices?**
  - A. To enhance skin hydration**
  - B. To remove microorganisms from the skin**
  - C. To prepare the skin for treatment**
  - D. To create a soothing environment**
- 4. What should a client consultation include?**
  - A. A brief chat about skin type**
  - B. A thorough assessment and skin care routine recommendations**
  - C. Only allergy information**
  - D. A skincare product sale**
- 5. What should be done with soiled towels and linens?**
  - A. Leave them uncovered for air drying**
  - B. Store them in a covered receptacle until laundered**
  - C. Reuse them immediately**
  - D. Dispose of them in regular trash**

- 6. What characterizes a cyst?**
- A. A dry and sensitive rash**
  - B. An abnormal membranous sac**
  - C. A skin crack that penetrates the dermis**
  - D. A fluid accumulation under the epidermis**
- 7. When should a misplaced, lost, or destroyed cosmetology license be replaced?**
- A. After a new license is issued**
  - B. Prior to practicing after discovering it missing**
  - C. At the end of the month of discovery**
  - D. Immediately after losing it**
- 8. What does sanitation refer to in the context of esthetics?**
- A. The highest level of cleaning**
  - B. The lowest level of destruction of surface bacteria**
  - C. The process of sterilizing all instruments**
  - D. The removal of visible dirt and debris**
- 9. What is the common characteristic of pink eye?**
- A. A chronic condition of dry eyes**
  - B. A highly contagious infection**
  - C. An allergic reaction to exposure**
  - D. A viral skin rupture**
- 10. Which level of cleanliness is the most rigorous, eliminating all pathogens?**
- A. Sanitation**
  - B. Disinfection**
  - C. Sterilization**
  - D. Universal Precautions**



## **Answers**

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

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## **Explanations**

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**1. What aftercare advice should be given after microdermabrasion?**

- A. Avoid sun exposure for 24 hours**
- B. Avoid saunas and steam for 24-48 hours**
- C. Moisturize immediately**
- D. Use retinol products**

After microdermabrasion, the skin is more sensitive and vulnerable, making it crucial to follow specific aftercare advice to promote healing and avoid irritation. Advising clients to avoid saunas and steam for 24-48 hours is essential because these environments can increase blood flow and cause swelling or irritation in the treated area. Steam and high temperatures can also open pores further, potentially leading to more sensitivity or even infection. Keeping the skin cool and protected during this initial recovery period helps maintain the integrity of the skin barrier. While avoiding sun exposure, moisturizing, and using retinol are important aspects of skincare, they do not specifically address the immediate concerns following the microdermabrasion procedure as effectively as restricting heat exposure does. Each of these measures has its place in a comprehensive skincare routine but should be incorporated into the client's regimen after the initial post-treatment period has passed.

**2. What is skin physiology concerned with?**

- A. Microscopic structure of skin**
- B. The skin's external appearance**
- C. The study of the skin's functions**
- D. The development of skin diseases**

Skin physiology specifically involves the study of the skin's functions and how various processes take place within the skin. This branch of knowledge covers how the skin protects the body, regulates temperature, allows for sensations, and contributes to immune defense. Understanding skin physiology is essential for estheticians as it helps in making informed decisions regarding treatments and products that can enhance skin health. While the microscopic structure of the skin and its external appearance are important aspects of skin care, they fall more under anatomy and dermatology rather than physiology. The development of skin diseases is also a related field but focuses more on pathology than on the functional aspects of healthy skin. Therefore, the study of the skin's functions encompasses the broader context required to understand the vital roles skin plays in overall health and well-being.

### 3. What is the primary purpose of hand washing in esthetic practices?

- A. To enhance skin hydration
- B. To remove microorganisms from the skin**
- C. To prepare the skin for treatment
- D. To create a soothing environment

The primary purpose of hand washing in esthetic practices is to remove microorganisms from the skin. This practice is crucial in maintaining hygiene and preventing the transfer of pathogens between the practitioner and the client. In the field of esthetics, where various treatments involve close contact with clients' skin, effective hand washing significantly reduces the risk of infections and promotes a safe environment for both parties. While enhancing skin hydration is a key goal of many treatments, it does not pertain to the primary reason behind the practice of hand washing. Likewise, preparing the skin for treatment and creating a soothing environment are important aspects of esthetics, but they focus on the client's experience rather than the immediate necessity of ensuring the practitioner's hands are free from harmful microorganisms before any procedure.

### 4. What should a client consultation include?

- A. A brief chat about skin type
- B. A thorough assessment and skin care routine recommendations**
- C. Only allergy information
- D. A skincare product sale

A client consultation should encompass a thorough assessment and skincare routine recommendations because this approach ensures that the esthetician collects comprehensive information that is crucial for tailoring treatments and services to the individual client's needs. During the consultation, an esthetician should evaluate the client's skin type, concerns, and conditions, which helps in understanding the unique characteristics of their skin. This detailed assessment goes beyond merely identifying the skin type; it should also consider factors such as any existing skin concerns, lifestyle, and personal preferences. After the assessment, providing personalized skincare routine recommendations is essential. This not only enhances the effectiveness of the services offered but also empowers clients with the knowledge needed to maintain their skin health at home. Tailored recommendations on products and routines promote better outcomes and client satisfaction, fostering a trusting relationship between the esthetician and the client. The incorrect choices reflect a limited focus on specific elements of a consultation process. For instance, merely discussing skin type does not capture the full spectrum of a client's needs. Providing only allergy information is insufficient without context on the client's overall skin health. Furthermore, a focus solely on selling skincare products disregards the consultative nature of the service and the importance of understanding a client's individual needs.

## 5. What should be done with soiled towels and linens?

- A. Leave them uncovered for air drying
- B. Store them in a covered receptacle until laundered**
- C. Reuse them immediately
- D. Dispose of them in regular trash

Soiled towels and linens should be stored in a covered receptacle until they can be laundered. This practice is important for maintaining hygiene and preventing the spread of bacteria and infections. By keeping the soiled items covered, you minimize exposure to airborne contaminants and prevent cross-contamination with clean items or surfaces within the esthetics environment. Proper storage also helps to ensure that the soiled materials are kept away from clients and staff, which is essential for maintaining a professional and sanitary workspace. The other choices lack the appropriate hygiene standards expected in an esthetics setting. Leaving towels uncovered allows for dust and other contaminants to settle on them, while reusing them immediately can transfer bacteria and other pathogens back onto the skin. Disposing of them in regular trash does not adequately contain potential contaminants, which could pose health risks if not handled properly.

## 6. What characterizes a cyst?

- A. A dry and sensitive rash
- B. An abnormal membranous sac**
- C. A skin crack that penetrates the dermis
- D. A fluid accumulation under the epidermis

A cyst is defined as an abnormal membranous sac that can contain fluid, semi-solid material, or gas. This encapsulated structure is typically found in various tissues and organs. Cysts can occur in various parts of the body and are often lined with epithelium, which distinguishes them from other types of lesions. The presence of a membrane is a defining characteristic that differentiates cysts from other skin conditions or abnormalities. Understanding this characteristic is important in the context of esthetics and skin care, as it highlights the different types of skin lesions and conditions that a practitioner may encounter. It can help guide appropriate treatment and management strategies for clients presenting with various skin issues, ensuring they receive the correct diagnosis and care. The other options describe different dermatological conditions that do not apply to a cyst. For example, a dry and sensitive rash reflects an inflammatory response or irritation rather than an encapsulated structure. A skin crack that penetrates the dermis suggests an injury or a fissure, and fluid accumulation under the epidermis pertains more to blisters or vesicles rather than the defined structure of a cyst. Each of these options indicates distinct skin issues that require various approaches in esthetic treatment.

**7. When should a misplaced, lost, or destroyed cosmetology license be replaced?**

- A. After a new license is issued**
- B. Prior to practicing after discovering it missing**
- C. At the end of the month of discovery**
- D. Immediately after losing it**

A misplaced, lost, or destroyed cosmetology license should be replaced prior to practicing after the license is discovered to be missing. It is essential for practitioners to have a valid license before providing services to clients, as practicing without a proper license can lead to legal issues, penalties, and potential harm to clients who might receive services from an unlicensed individual. While one might think of replacing the license immediately upon realization of the loss, the critical aspect is to ensure that practitioners do not engage in any professional activities until the license is reinstated or replaced. This requirement ensures that all estheticians are operating within the legal boundaries and maintaining industry standards. The focus on timing in this context emphasizes the responsibility of professionals to uphold the laws governing cosmetology practice, making it clear that the priority must be on obtaining a valid license before offering any services to clients.

**8. What does sanitation refer to in the context of esthetics?**

- A. The highest level of cleaning**
- B. The lowest level of destruction of surface bacteria**
- C. The process of sterilizing all instruments**
- D. The removal of visible dirt and debris**

Sanitation in the context of esthetics specifically refers to the process of reducing the number of microorganisms on surfaces and instruments to levels that are considered safe for public health purposes. It does not eliminate all bacteria but significantly lowers the risk of infection by reducing the number of pathogens. This aligns with the understanding that sanitation is an essential step in maintaining cleanliness and ensuring a safe environment for both clients and practitioners. Higher levels of cleaning processes, such as sterilization, go beyond sanitation by destroying all forms of microbial life, which is not the focus of sanitation itself. Similarly, while removing visible dirt and debris is a part of good hygiene practice, it does not address the broader spectrum of microorganisms that need to be managed in esthetic settings. Therefore, the emphasis on sanitation lies in its role as an effective measure for minimizing harmful bacteria, making it a crucial practice in the field of esthetics.

**9. What is the common characteristic of pink eye?**

- A. A chronic condition of dry eyes
- B. A highly contagious infection**
- C. An allergic reaction to exposure
- D. A viral skin rupture

The common characteristic of pink eye, also known as conjunctivitis, is that it is a highly contagious infection. Pink eye can be caused by viruses, bacteria, or allergens, but when referring to it as a contagious condition, it is primarily linked to viral or bacterial forms. This means that the infection can easily spread from person to person, often through direct contact with the infected person's eye secretions or contaminated surfaces. Understanding that contagion is a key feature helps emphasize the importance of hygiene and caution in public settings to prevent outbreak scenarios. In contrast, the other options do not accurately capture the essence of pink eye. A chronic condition of dry eyes refers to an ongoing inability to maintain adequate lubrication in the eye, which is distinctly different from an infectious disease. An allergic reaction to exposure can lead to pink eye symptoms, but it does not inherently encompass the infectious nature of the condition. Lastly, a viral skin rupture pertains to a completely different bodily issue and is not related to the ocular symptoms of conjunctivitis.

**10. Which level of cleanliness is the most rigorous, eliminating all pathogens?**

- A. Sanitation
- B. Disinfection
- C. Sterilization**
- D. Universal Precautions

Sterilization is the most rigorous level of cleanliness because it involves the complete elimination or destruction of all forms of microbial life, including bacteria, viruses, fungi, and spores. This process is achieved through methods such as autoclaving, which uses high-pressure steam, or other physical and chemical techniques that ensure a surface or instrument is free of all microorganisms. In contrast, sanitation refers to practices aimed at reducing the number of pathogens to a safe level, typically through cleaning and the use of soap or detergents. Disinfection, while effective at killing many pathogens, does not eliminate all microbial life and is not as thorough as sterilization. Universal precautions are guidelines established to prevent the transmission of bloodborne pathogens through the use of protective measures, but they do not directly relate to the levels of cleanliness in the processing of tools or environments. Therefore, sterilization stands out as the method that guarantees the complete eradication of pathogens, making it the correct answer.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nevada-esthetics.examzify.com>**

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