

NEVADA ESTHETICS STATE BOARD LICENSE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

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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 defines a lesion in dermatological terms?**
 - A. Normal skin texture
 - B. A change in skin structure often due to damage
 - C. The presence of hair follicles
 - D. A multiple of tiny bleeding spots
- 2. What is the primary function of epithelial cells in the body?**
 - A. Support and connection of tissues
 - B. Cover and protect the inside of the body
 - C. Regulate body temperature
 - D. Store fat and energy
- 3. What is the first step in treating a heat burn?**
 - A. Apply ointment immediately
 - B. Immerse in cool water
 - C. Break the blister for relief
 - D. Cover with an ice pack
- 4. Which layer of the skin is considered the outermost layer?**
 - A. Dermis
 - B. Epidermis
 - C. Subcutaneous layer
 - D. Adipose tissue
- 5. What is essential for infection control in a cosmetological establishment?**
 - A. Daily cleaning of floors only
 - B. Keeping tools sterile and sanitizing solutions available
 - C. Using the same tools for multiple clients
 - D. Washing hands occasionally
- 6. What type of lesion is characterized by an early stage of change and development?**
 - A. Secondary lesion
 - B. Primary lesion
 - C. Chronic lesion
 - D. Inflammatory lesion

7. What characterizes a local infection?

- A. Widespread symptoms throughout the body
- B. An infection present in a small, confined area
- C. Minimal inflammation
- D. Systematic spread in the bloodstream

8. 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

9. What is the primary function of thermoregulation in the body?

- A. Increasing heart rate
- B. Buffering blood pH levels
- C. Lowering body temperature
- D. Enhancing immune responses

10. Which term describes a common condition characterized by redness and small bumps on the face?

- A. Dermatitis
- B. Rosacea
- C. Psoriasis
- D. Exema

Answers

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

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Explanations

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1. What defines a lesion in dermatological terms?

- A. Normal skin texture
- B. A change in skin structure often due to damage**
- C. The presence of hair follicles
- D. A multiple of tiny bleeding spots

A lesion in dermatological terms is defined as a change in skin structure that often results from damage, disease, or injury. This can include various alterations such as discoloration, swelling, or the presence of growths, which can be due to a wide range of factors including infections, inflammatory processes, or even neoplastic changes. Normal skin texture would not be considered a lesion since it represents the absence of changes or damage. The presence of hair follicles is also a normal feature of the skin and does not constitute a lesion. Similarly, a multiple of tiny bleeding spots indicates a specific type of skin change, such as petechiae, but does not encompass the broader definition of a lesion in dermatology, which can include any significant alteration in the skin's condition. Thus, defining a lesion as a change in skin structure that often stems from damage captures the essential characteristic that distinguishes lesions from other skin features.

2. What is the primary function of epithelial cells in the body?

- A. Support and connection of tissues
- B. Cover and protect the inside of the body**
- C. Regulate body temperature
- D. Store fat and energy

The primary function of epithelial cells is to cover and protect the inside of the body. Epithelial tissues form layers that line the surfaces of organs, cavities, and structures throughout the entire body, providing a protective barrier against physical and chemical damage. They play a critical role in safeguarding underlying tissues from pathogens, dehydration, and mechanical injury. Epithelial cells are also involved in absorption, secretion, and sensation, enhancing their protective role within various systems in the body. For instance, in the skin, epithelial cells provide a waterproof barrier, while in the lining of the digestive tract, they aid in nutrient absorption while protecting against harmful substances. In contrast, other options like support and connection of tissues relate more to connective tissues, which play a role in providing structure and support for various body parts. The regulation of body temperature is primarily a function of the integumentary system and mechanisms such as sweating and blood flow, rather than epithelial cells directly. Lastly, the storage of fat and energy is a function of adipose tissue, not epithelial cells. Thus, the role of epithelial cells in protection and coverage truly stands out as their primary function.

3. What is the first step in treating a heat burn?

- A. Apply ointment immediately
- B. Immerse in cool water**
- C. Break the blister for relief
- D. Cover with an ice pack

The first step in treating a heat burn is to immerse the affected area in cool water. This immediate action helps to reduce the temperature of the burned skin and prevents further damage to the tissue. Cool water also aids in alleviating pain and can help to minimize swelling by constricting blood vessels. It's important to use cool—rather than cold—water to avoid causing additional damage to the skin. Using ointment right away can trap heat and moisture in the burn area, which is not advisable at the initial stage of treatment. Additionally, breaking a blister can increase the risk of infection and delay the healing process. Applying an ice pack can be too extreme; it may further damage the skin and should not be done directly on the burn. Proper first aid involves maintaining the integrity of the skin and allowing the body to heal naturally after initial cooling.

4. Which layer of the skin is considered the outermost layer?

- A. Dermis
- B. Epidermis**
- C. Subcutaneous layer
- D. Adipose tissue

The outermost layer of the skin is the epidermis. This layer serves as the first line of defense against environmental factors such as pathogens, chemicals, and physical injuries. The epidermis is primarily composed of keratinocytes, which produce keratin, a protein that helps strengthen the skin and protect it from damage. Additionally, the epidermis is responsible for the appearance and texture of the skin, playing a critical role in processes like hydration and barrier function. It contains various cells, including melanocytes, which produce melanin and contribute to the skin's pigmentation, as well as Langerhans cells, which are involved in immune responses. In contrast, the dermis lies beneath the epidermis and contains connective tissue, blood vessels, and hair follicles, while the subcutaneous layer provides insulation and stores fat. Adipose tissue is part of the subcutaneous layer and serves primarily as energy storage. Thus, understanding the role and characteristics of the epidermis is essential in esthetics and skin care.

5. What is essential for infection control in a cosmetological establishment?

- A. Daily cleaning of floors only
- B. Keeping tools sterile and sanitizing solutions available**
- C. Using the same tools for multiple clients
- D. Washing hands occasionally

The essential component for infection control in a cosmetological establishment is the practice of keeping tools sterile and having sanitizing solutions readily available. This is crucial because it helps prevent the spread of pathogens among clients, ensuring a safe and hygienic environment for both the clients and practitioners. Sterilization involves processes that eliminate all forms of microbial life, which is particularly important when dealing with tools that come into direct contact with the skin or body, such as in esthetics practices. By ensuring that tools are properly sanitized or sterilized between uses, the risk of transmitting infections, such as bacteria or viruses, is minimized. Additionally, maintaining ready access to sanitizing solutions allows practitioners to clean surfaces and implements effectively throughout the day, further supporting infection control. In contrast, daily cleaning of floors alone would not address the specific risks associated with tools and surfaces that are frequently used on clients. Using the same tools for multiple clients without proper sanitation significantly increases the chance of transmitting infections. Likewise, washing hands occasionally does not meet the recommended protocols for hygiene, as consistent and thorough handwashing is a fundamental part of infection prevention in any cosmetology or esthetics setting.

6. What type of lesion is characterized by an early stage of change and development?

- A. Secondary lesion
- B. Primary lesion**
- C. Chronic lesion
- D. Inflammatory lesion

The type of lesion characterized by an early stage of change and development is a primary lesion. Primary lesions are the initial manifestations of skin conditions, representing the first observable changes in the skin. They can include various forms such as macules, papules, vesicles, and pustules, which all indicate the early development of a possible dermatological issue. Understanding primary lesions is crucial in esthetics and dermatology, as they provide essential information for diagnosis and subsequent treatment. In contrast, secondary lesions develop as a result of progression from primary lesions, often reflecting changes in the skin that have occurred over time due to various factors, such as healing or infection. Chronic lesions refer to long-lasting skin conditions that may have developed from unresolved primary lesions. Inflammatory lesions specifically denote a reaction to irritation or injury but do not denote the initial stages of skin changes. Therefore, primary lesions are uniquely positioned as the starting point in the sequence of skin lesions.

7. What characterizes a local infection?

- A. Widespread symptoms throughout the body
- B. An infection present in a small, confined area**
- C. Minimal inflammation
- D. Systematic spread in the bloodstream

A local infection is characterized by its presence in a specific, confined area of the body rather than spreading throughout the entire system. This type of infection typically manifests as redness, swelling, warmth, and pain in the localized region, indicating the body's immune response to pathogens. When considering this definition, it's clear that widespread symptoms throughout the body denote a systemic infection rather than a localized one. Additionally, minimal inflammation does not accurately reflect the typical response to a local infection, where inflammation is usually significant. Finally, the systematic spread in the bloodstream also describes a systemic infection, which is distinct from the nature of a local infection that remains confined to a specific area. Thus, the definition of a local infection hinges on its limitation to a small, contained area, affirming that the correct characterization is indeed the one identifying it as being present in a confined space.

8. 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.

9. What is the primary function of thermoregulation in the body?

- A. Increasing heart rate
- B. Buffering blood pH levels
- C. Lowering body temperature
- D. Enhancing immune responses

The primary function of thermoregulation in the body is to maintain a stable internal temperature, which is essential for optimal physiological function. The process involves balancing heat production and heat loss to ensure the body's enzymes and metabolic processes operate effectively. While lowering body temperature can be a mechanism involved in thermoregulation (for instance, through sweating), it's part of a broader system where the body seeks to maintain homeostasis and prevent overheating or excessive cooling. Therefore, thermoregulation encompasses processes like increasing blood flow to the skin or sweating to dissipate heat when the body is too warm. Other functions listed, such as increasing heart rate, buffering blood pH levels, and enhancing immune responses, are important physiological processes but do not directly relate to thermoregulation. These functions serve distinct roles in the body's overall homeostasis but do not specifically address the balance of body temperature, which is the essence of thermoregulation.

10. Which term describes a common condition characterized by redness and small bumps on the face?

- A. Dermatitis
- B. Rosacea
- C. Psoriasis
- D. Exema

The condition characterized by redness and small bumps on the face is known as rosacea. This chronic skin disorder primarily affects the central part of the face and is often marked by visible blood vessels, flushing, and persistent facial redness. It frequently presents with small, red, pus-filled bumps that can resemble acne, but rosacea does not involve blackheads. Rosacea can also trigger flare-ups with various factors, including temperature changes, spicy foods, alcohol, and stress, which can exacerbate the symptoms. Treatment typically focuses on managing the symptoms and may include topical medications, oral antibiotics, and lifestyle adjustments to avoid known triggers. While dermatitis, psoriasis, and eczema can also involve inflammation and skin changes, they differ significantly from rosacea in their symptoms, affected areas, and underlying causes. Dermatitis generally refers to inflammation of the skin that can manifest in various forms, including contact dermatitis and seborrheic dermatitis, while psoriasis is an autoimmune condition that results in thick, red patches covered with silvery scales. Eczema, on the other hand, often appears as dry, itchy patches and can signify a broader range of inflammatory skin conditions. Thus, considering the specific characteristics of the disease, rosacea is the correct term for describing redness and small bumps on

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://nevada-esthetics.examzify.com>

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

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