

# Nevada National Institute of Medical Aesthetics (NIMA) Practice Exam (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of questions,**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What is the primary function of eccrine glands?**
  - A. To produce oil**
  - B. To facilitate thermal regulation**
  - C. To create odor**
  - D. To release hormones**
  
- 2. Direct current causing a chemical reaction is called what?**
  - A. Galvanic**
  - B. Faradic**
  - C. Microcurrent**
  - D. Infrared**
  
- 3. Which oil is known for its decongestant properties?**
  - A. Lavender oil**
  - B. Eucalyptus oil**
  - C. Papaya oil**
  - D. Peppermint oil**
  
- 4. What type of laser is most commonly used for hair removal?**
  - A. CO2 laser**
  - B. Pulsed dye laser**
  - C. Diode laser**
  - D. Argon laser**
  
- 5. Which treatment involves the mechanical stimulation of tissue to enhance blood circulation?**
  - A. Microdermabrasion**
  - B. Endermologie**
  - C. Electromagnetic therapy**
  - D. Chemical peeling**
  
- 6. What does sclerotherapy specifically treat?**
  - A. Spider veins and varicose veins**
  - B. Skin discoloration**
  - C. Aging skin**
  - D. Acne**

**7. What aspect should be charted with a microdermabrasion client?**

- A. Client's skin type**
- B. Settings of the machine**
- C. Product used**
- D. Duration of treatment**

**8. Which of the following is a characteristic of retinoids?**

- A. They promote cell turnover**
- B. They are hydrating agents**
- C. They provide sun protection**
- D. They are gentle and soothing**

**9. What is lactic acid derived from?**

- A. Fruits and berries**
- B. Vegetables and greens**
- C. Sour milk and tomatoes**
- D. Grains and cereals**

**10. What term describes the process of expanding blood vessels?**

- A. Hyperemia**
- B. Vasodilation**
- C. Vasoconstriction**
- D. Angiogenesis**

## **Answers**

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

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## **Explanations**

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## 1. What is the primary function of eccrine glands?

- A. To produce oil
- B. To facilitate thermal regulation**
- C. To create odor
- D. To release hormones

The primary function of eccrine glands is to facilitate thermal regulation. Eccrine glands are a type of sweat gland found throughout the body, predominantly on the palms, soles of the feet, and the forehead. They produce a watery sweat that is directly excreted onto the skin surface, which plays a crucial role in cooling the body through evaporation. When the body temperature rises, eccrine glands activate to release sweat, which helps to dissipate heat. This process is vital for maintaining homeostasis, especially during physical activity or in hot environments. The other functions described in the options do not pertain to eccrine glands. For instance, the production of oil is primarily associated with sebaceous glands, which work to lubricate the skin and hair. The creation of odor is linked to apocrine glands, which are found in specific areas of the body and become active during puberty, producing a thicker secretion that, when broken down by bacteria, can lead to body odor. Finally, the release of hormones is a function of various endocrine glands, not eccrine glands, which are strictly involved in the thermoregulatory process through sweat production.

## 2. Direct current causing a chemical reaction is called what?

- A. Galvanic**
- B. Faradic
- C. Microcurrent
- D. Infrared

Direct current that induces a chemical reaction is referred to as galvanic. This term is derived from the name of Luigi Galvani, an Italian scientist known for his work in bioelectricity. In a galvanic treatment, the application of direct current generates chemical changes at the electrodes, which can be utilized in various cosmetic and therapeutic applications, such as enhancing penetration of products into the skin or performing iontophoresis. The specific effects produced by galvanic current are due to its continuous, unidirectional flow, which results in electrolytic reactions. This differs significantly from other currents such as faradic, which involve alternating current used for muscle stimulation, or microcurrent, which is a low-level electrical current that mimics the body's natural ion channels but does not primarily involve chemical reactions. Infrared, on the other hand, pertains to a type of light energy that is used for heating purposes or promoting circulation but does not result in a chemical reaction. Understanding these distinctions is crucial for appreciating the applications and effects of different types of electrical currents in medical aesthetics.

### 3. Which oil is known for its decongestant properties?

- A. Lavender oil
- B. Eucalyptus oil**
- C. Papaya oil
- D. Peppermint oil

Eucalyptus oil is renowned for its decongestant properties, making it a popular choice in both aromatherapy and medicinal applications. It contains a compound called eucalyptol, which is known for its ability to clear airways and reduce congestion in the respiratory tract. When inhaled, eucalyptus oil helps to open up the nasal passages, making it easier for individuals to breathe, especially during cold or allergy-related congestion. This oil's effectiveness as a natural remedy is frequently utilized in steam inhalation, topical applications, and even incorporated into various over-the-counter products aimed at alleviating respiratory issues. Its therapeutic benefits extend to providing relief from sinusitis, bronchitis, and other conditions characterized by airway obstruction or congestion. While other oils listed may also have beneficial properties, they do not specifically focus on decongestant effects in the same manner as eucalyptus oil does.

### 4. What type of laser is most commonly used for hair removal?

- A. CO2 laser
- B. Pulsed dye laser
- C. Diode laser**
- D. Argon laser

The diode laser is the most commonly used device for hair removal due to its effectiveness at targeting the melanin in hair follicles while minimizing damage to surrounding skin. This type of laser emits light at a wavelength that is particularly well absorbed by the pigment in hair, making it highly efficient for this purpose. The diode laser can penetrate deeper layers of the skin compared to other laser types, allowing it to effectively target both fine and coarse hair across a variety of skin types. Additionally, it is appreciated for its quick treatment times and the ability to treat larger areas effectively. Other lasers, such as the CO2 laser, primarily focus on skin resurfacing and not specifically hair removal, making them less suitable for this purpose. The pulsed dye laser is primarily used for vascular lesions and can sometimes be used for hair removal, but it is not as effective as the diode laser at selectively destroying hair follicles. The argon laser, while useful for some dermatological procedures, is less commonly employed in hair removal practices due to its less favorable absorption characteristics compared to the diode laser. Thus, the diode laser remains the go-to option for effective hair removal treatments in medical aesthetics.

**5. Which treatment involves the mechanical stimulation of tissue to enhance blood circulation?**

- A. Microdermabrasion**
- B. Endermologie**
- C. Electromagnetic therapy**
- D. Chemical peeling**

Endermologie is a specific treatment that involves mechanical stimulation of tissue, primarily using a device that employs rollers and suction. This technique massage acts on the skin and the underlying tissues, promoting enhanced blood circulation and lymphatic drainage. Increased circulation contributes to improved nutrient delivery and waste elimination in the area being treated, which can assist with various skin concerns and body contouring. In contrast, microdermabrasion involves exfoliating the outer layer of skin using fine crystals or a diamond-tipped wand, which focuses on skin resurfacing rather than directly enhancing blood circulation. Electromagnetic therapy uses waves to address pain or stimulate tissues, but it doesn't rely on mechanical stimulation in the same way as Endermologie. Chemical peeling involves the application of acids to exfoliate the skin chemically, which can improve skin texture and tone but does not provide the mechanical stimulation characteristic of Endermologie.

**6. What does sclerotherapy specifically treat?**

- A. Spider veins and varicose veins**
- B. Skin discoloration**
- C. Aging skin**
- D. Acne**

Sclerotherapy specifically targets spider veins and varicose veins, utilizing a minimally invasive procedure where a sclerosing agent is injected into the affected blood vessels. This solution irritates the lining of the veins, causing them to collapse and eventually be reabsorbed by the body. This treatment is particularly effective for these types of veins because they are often superficial and do not serve a critical function in circulation. By eliminating these problematic veins, sclerotherapy can significantly improve both the appearance of the skin and potentially alleviate symptoms associated with varicose veins, such as discomfort and swelling. Other options, while relevant to various aesthetic treatments, do not pertain to sclerotherapy. Skin discoloration, aging skin, and acne are addressed through different procedures and treatments, such as laser therapy, chemical peels, or topical medications, rather than through sclerotherapy. Therefore, when considering the primary application of sclerotherapy, it is clearly indicated that its use is specific to spider veins and varicose veins.

## 7. What aspect should be charted with a microdermabrasion client?

- A. Client's skin type**
- B. Settings of the machine**
- C. Product used**
- D. Duration of treatment**

Charting the settings of the machine used during a microdermabrasion treatment is essential for several reasons. It ensures consistency and safety in the treatment process. Each client may have different skin types and conditions, which could require adjustments in the machine settings, such as the intensity and suction level. By documenting these settings, practitioners can track what was effective or not for each individual, enhancing personalized care. Moreover, maintaining accurate records of machine settings can help in identifying trends or patterns in results across multiple treatments. This practice also forms a part of legal documentation should any concerns or issues arise post-treatment, providing a clear history of the procedures performed. While other aspects like the client's skin type, products used, and duration of treatment are also important to note, the specific machine settings are critical to delivering a safe and effective microdermabrasion treatment tailored to the unique needs of each client.

## 8. Which of the following is a characteristic of retinoids?

- A. They promote cell turnover**
- B. They are hydrating agents**
- C. They provide sun protection**
- D. They are gentle and soothing**

Retinoids are a class of compounds that are derivatives of vitamin A and are well-known for their ability to promote cell turnover. This characteristic is essential in skincare, especially for treating various skin conditions such as acne, hyperpigmentation, and aging. By accelerating the rate at which skin cells regenerate, retinoids help to slough off dead skin cells, reveal fresher skin underneath, and stimulate the production of new skin cells. This process can lead to improved skin texture, reduced fine lines, and a more even skin tone. While hydrating agents are important in skincare for moisture and skin barrier function, retinoids are not primarily known for hydration. Instead, they often have a drying effect, especially when first used. Sun protection is crucial when using retinoids, as they can make the skin more sensitive to the sun, but retinoids themselves do not provide sun protection. Additionally, while some formulations of retinoids might be designed to be gentle, many can cause irritation, redness, or dryness, particularly when introduced to the skin regimen too quickly. Hence, the characteristic of promoting cell turnover is defining in the context of retinoids and underscores their efficacy in many topical skincare treatments.

## 9. What is lactic acid derived from?

- A. Fruits and berries
- B. Vegetables and greens
- C. Sour milk and tomatoes**
- D. Grains and cereals

Lactic acid is primarily derived from sour milk, which undergoes fermentation by lactic acid bacteria, resulting in lactic acid production. This process is commonly observed in dairy products such as yogurt and certain cheeses, where the fermentation of lactose (the sugar found in milk) generates lactic acid as a byproduct. Sour milk contains high levels of lactic acid due to the activity of bacteria that thrive in dairy environments, leading to the characteristic sour taste and thickening of the milk. While tomatoes and other plants don't typically produce lactic acid through fermentation, they can be involved in various fermentation processes that might produce other compounds. In this context, options that reference fruits and berries, vegetables and greens, or grains and cereals do not align with the primary sources of lactic acid, which are strongly rooted in dairy fermentation. Therefore, the choice indicating sour milk as the source of lactic acid is the most accurate.

## 10. What term describes the process of expanding blood vessels?

- A. Hyperemia
- B. Vasodilation**
- C. Vasoconstriction
- D. Angiogenesis

The term that describes the process of expanding blood vessels is vasodilation. This biological process involves the relaxation of the smooth muscle tissue within the blood vessel walls, leading to an increase in the diameter of the vessels. This expansion can enhance blood flow to various tissues and is crucial in regulating blood pressure and temperature, as well as facilitating healing by increasing the supply of oxygen and nutrients to affected areas. Hyperemia refers to an excess of blood in a particular area, resulting from vasodilation but is not the process itself. Vasoconstriction, on the other hand, is the narrowing of blood vessels, which reduces blood flow. Angiogenesis is the formation of new blood vessels from pre-existing ones, a different process altogether that is more about growth and development rather than the immediate action of expanding existing vessels.

# 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://nevadanima.examzify.com>**

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

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