

NEW JERSEY STATE BOARD ESTHETICS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Which of the following is an example of galvanic current?**
 - A. Electrolysis
 - B. Iontophoresis
 - C. Microdermabrasion
 - D. Infrared therapy
- 2. How often should the implement disinfectant be changed to ensure cleanliness?**
 - A. Weekly
 - B. Daily
 - C. Every three days
 - D. Monthly
- 3. What type of current might be used to help relax muscles during a facial?**
 - A. Galvanic current
 - B. Sinusoidal current
 - C. Direct current
 - D. Alternating current
- 4. What type of oils promote cell regeneration for skin repair?**
 - A. Essential oils
 - B. Healing oils
 - C. Carrier oils
 - D. Fragrant oils
- 5. What should you do if an emery board falls on the floor?**
 - A. Pick it up and use it
 - B. Wash it before using
 - C. Discard it
 - D. Leave it on the floor
- 6. What symptom is NOT typically associated with contact dermatitis?**
 - A. Itching
 - B. Scaly patches
 - C. Redness and swelling
 - D. Pus-filled blisters

7. When in the facial process should a calming, hydrating mask be applied?

- A. At the very beginning
- B. Once the facial is complete
- C. After exfoliation
- D. Only at the very end

8. Which detail is not important to record on a service record card?

- A. The client's name
- B. The services provided
- C. The time the client arrives
- D. The products used

9. What type of facial treatment usually involves the use of masks?

- A. Cooling facial
- B. Hydrating facial
- C. Clay facial
- D. All of the above

10. What term describes a small elevation of the skin that may progress to become a pustule?

- A. Comedo
- B. Macule
- C. Papule
- D. Vesicle

Answers

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

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Explanations

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1. Which of the following is an example of galvanic current?

- A. Electrolysis
- B. Iontophoresis**
- C. Microdermabrasion
- D. Infrared therapy

Galvanic current is a type of direct current that produces a chemical effect when it passes through tissues and fluids in the body. This is widely utilized in various skincare treatments. Iontophoresis serves as an excellent example of galvanic current because it involves the use of direct electric current to drive ions of an active ingredient into the skin. This technique enhances product penetration, allowing for more effective treatment outcomes. In contrast, the other options, while relevant in the context of skincare treatments, do not primarily involve galvanic current. Electrolysis might utilize electrical current but is more focused on hair removal than the chemical effects traditionally associated with galvanic applications. Microdermabrasion is a mechanical exfoliation technique that does not involve electrical currents, and infrared therapy uses light rather than electrical currents to promote healing and regeneration. Therefore, iontophoresis stands out as the application that directly employs the principles of galvanic current.

2. How often should the implement disinfectant be changed to ensure cleanliness?

- A. Weekly
- B. Daily**
- C. Every three days
- D. Monthly

Changing the implement disinfectant daily is essential for maintaining a hygienic and safe environment in an esthetics practice. Disinfectants can lose their effectiveness as they are used, especially when exposed to contamination from tools, the environment, or organic material. By replacing the disinfectant each day, practitioners ensure that any pathogens or harmful microorganisms that may have been introduced during the previous day's work are eliminated, thereby significantly minimizing the risk of cross-contamination and infection. Moreover, many guidelines and best practices for infection control within the beauty and healthcare industries recommend daily changes to disinfectants to ensure they work optimally. This practice not only upholds sanitation standards but also demonstrates a commitment to client safety and well-being in the esthetics practice.

3. What type of current might be used to help relax muscles during a facial?

- A. Galvanic current
- B. Sinusoidal current**
- C. Direct current
- D. Alternating current

The appropriate choice for relaxing muscles during a facial is sinusoidal current. This type of electrical current is known for its ability to produce a soothing effect and promote relaxation in muscle tissue. Sinusoidal current is characterized by a smooth, wave-like flow of electricity that creates a gentle vibrating sensation. This vibration can help to release tension in muscles, improve circulation, and enhance overall skin tone. Utilizing sinusoidal current in esthetic treatments is advantageous because it mimics the natural movements of the body, encouraging a state of relaxation and comfort. This is particularly beneficial when performing facial therapies aimed at reducing stress and enhancing the client's experience. While other current types, such as galvanic, direct, and alternating current, have their own uses in esthetics, they do not primarily serve the same muscle-relaxing purpose as sinusoidal current. Galvanic current, for example, is more commonly used for its ionization effects and to promote product absorption. Direct current is typically utilized in specific treatments to stimulate muscle contraction, rather than relaxation. Alternating current can have varying effects based on its application but isn't specifically tailored to the relaxation of muscles like sinusoidal current is.

4. What type of oils promote cell regeneration for skin repair?

- A. Essential oils
- B. Healing oils**
- C. Carrier oils
- D. Fragrant oils

Healing oils are specifically known for their properties that promote cell regeneration and aid in skin repair. These oils are often rich in nutrients and have therapeutic qualities that can enhance the skin's healing processes. They may contain fatty acids, vitamins, and antioxidants that support skin repair by nourishing and revitalizing damaged skin cells. For instance, oils like rosehip oil and jojoba oil are commonly used in skincare for their ability to penetrate the skin and stimulate regeneration. In contrast, essential oils are primarily concentrated plant extracts with aromatic properties that can offer benefits such as soothing or antiseptic properties, but they are not typically classified as oils that promote healing on their own. Carrier oils serve primarily as a base to dilute essential oils for safe topical application and may not have the same regenerative properties as healing oils. Fragrant oils, while pleasant to smell, have minimal benefits for skin regeneration and are often synthetic, lacking the beneficial properties found in healing oils.

5. What should you do if an emery board falls on the floor?

- A. Pick it up and use it
- B. Wash it before using
- C. Discard it**
- D. Leave it on the floor

When an emery board falls on the floor, the most appropriate action is to discard it. This is because an emery board, which is used for filing and shaping nails, can collect dirt, bacteria, and other contaminants from the floor. Continuing to use an emery board after it has been on the floor poses a risk for infection or irritation, particularly in a professional esthetics setting where hygiene and safety are paramount. Discarding the emery board ensures that you maintain a clean and sanitary environment for your clients. While it might be tempting to pick it up and wash it or assume that washing it would make it safe for further use, this approach does not guarantee that all contaminants have been removed. Leaving it on the floor is also not advisable as it creates a tripping hazard and further contributes to unsanitary conditions in the workspace. Therefore, discarding the emery board immediately is the best practice to uphold hygiene standards.

6. What symptom is NOT typically associated with contact dermatitis?

- A. Itching
- B. Scaly patches**
- C. Redness and swelling
- D. Pus-filled blisters

The correct choice highlights that scaly patches are not a typical symptom associated with contact dermatitis. Contact dermatitis primarily manifests as an acute inflammatory response to an irritant or allergen, and its common symptoms include itching, redness, swelling, and in severe cases, pus-filled blisters. When contact dermatitis occurs, the skin reacts to the offending substance, leading to immediate or delayed reactions that can present as inflamed and red areas, with the affected skin often becoming itchy. Sometimes, blisters may form and can become filled with pus if there is a secondary infection due to scratching. Scaly patches are typically more indicative of chronic skin conditions like psoriasis or eczema, rather than contact dermatitis, which is characterized by a sudden inflammatory reaction rather than long-term skin changes like dryness or scaling. Understanding the typical symptoms of contact dermatitis is crucial for proper identification and treatment, ensuring that individuals can avoid triggers and manage their skin health effectively.

7. When in the facial process should a calming, hydrating mask be applied?

- A. At the very beginning
- B. Once the facial is complete
- C. After exfoliation
- D. Only at the very end**

A calming, hydrating mask is typically applied at the very end of the facial process. This timing allows the skin to receive the maximum benefit from the mask after all previous treatments, such as cleansing, exfoliation, and extractions, have taken place. Applying it at this stage helps to soothe and hydrate the skin, which can be particularly beneficial after any potentially irritating procedures earlier in the facial. By placing the mask at the end, it also provides an opportunity for the active ingredients to penetrate deeply while allowing the client to relax and enjoy the final moments of their facial treatment. This approach helps to lock in moisture and reinforces the skin's barrier, making it an essential component of any thorough facials.

8. Which detail is not important to record on a service record card?

- A. The client's name
- B. The services provided
- C. The time the client arrives**
- D. The products used

Recording details on a service record card is crucial for maintaining a comprehensive history of client interactions and treatments. While all the listed information is valuable for different reasons, the time the client arrives is not as critical compared to the other details. The client's name is essential for identifying who received the services, ensuring personalized follow-ups, and maintaining accurate records. The services provided detail the treatments and procedures performed, which helps in tracking the effectiveness of different services over time and enables better planning for future treatments. The products used are vital for noting what was applied or used during the service, which can be important for allergy considerations, product reordering, and continuity in the client's skincare regimen. In contrast, while noting the arrival time could provide context about punctuality and appointment management, it does not directly contribute to the client's treatment history or overall care. Therefore, it is less critical compared to the other information that directly impacts client services and outcomes.

9. What type of facial treatment usually involves the use of masks?

- A. Cooling facial
- B. Hydrating facial
- C. Clay facial
- D. All of the above**

The inclusion of masks in facial treatments is a common practice across various types, making the correct response all-inclusive. Masks serve multiple purposes depending on the specific treatment, enhancing the overall effectiveness of the facial. In a cooling facial, masks help soothe the skin and alleviate irritation, making them ideal for clients who might have sensitive or inflamed skin. Hydrating facials typically utilize masks that are designed to infuse moisture into the skin, effectively providing hydration and nourishment. Clay facials often include clay masks that are essential for drawing out impurities, absorbing excess oil, and unclogging pores. Thus, since masks are integral to the cooling, hydrating, and clay facial treatments, stating that all of the mentioned options involve the use of masks accurately reflects the common practices in esthetic procedures.

10. What term describes a small elevation of the skin that may progress to become a pustule?

- A. Comedo
- B. Macule
- C. Papule**
- D. Vesicle

The term that describes a small elevation of the skin which may progress to become a pustule is "papule." Papules are solid, raised lesions less than 1 centimeter in diameter and can have various characteristics, including color and texture. They are often a sign of conditions such as acne or eczema and can contain inflammatory cells, which may lead to development into pustules if they become infected or inflamed. Understanding the context of skin lesions is important here. While a comedo refers specifically to a clogged pore (open or closed), a macule is a flat, discolored spot on the skin, and a vesicle is a small fluid-filled blister. None of these terms imply the potential progression to a pustule, which is characteristic of papules. This distinction helps in the identification and treatment of various skin conditions in esthetics.

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://nj-esthetics.examzify.com>

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

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