

NEW JERSEY STATE BOARD MANICURING 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. Which muscles bring in the fingers and toes?**
 - A. Abductors
 - B. Flexors
 - C. Adductors
 - D. Rotators
- 2. What indication might suggest a nail enhancement is too narrow?**
 - A. It appears rough
 - B. It has bubbling
 - C. It splits in the middle
 - D. It feels uneven
- 3. What is the portion of the skin where the nail body rests?**
 - A. Nail bed
 - B. Nail fold
 - C. Nail groove
 - D. Nail root
- 4. Which condition is characterized by thickened and overgrown nails?**
 - A. Onychomycosis
 - B. Onycholysis
 - C. Onychauxis
 - D. Paronychia
- 5. Which type of bit is made from sapphire particles?**
 - A. Filing bit
 - B. Pedicure bit
 - C. Drilling bit
 - D. Polishing bit
- 6. How should you use a bit at high speed?**
 - A. With maximum pressure for best results
 - B. With minimal dust generation
 - C. With less pressure
 - D. With regular intervals of slow speed

- 7. What is the term for a skin disorder caused by repeated usage of a product?**
- A. Allergic dermatitis
 - B. Contact dermatitis
 - C. Atopic dermatitis
 - D. Dermatitis
- 8. What is the term for a skin disorder caused by an allergy to the product?**
- A. Dermatitis
 - B. Contact dermatitis
 - C. Psoriasis
 - D. Eczema
- 9. What is known to cause age spots or hyperpigmentation on the backs of the hands?**
- A. UVB Light
 - B. Infrared Light
 - C. UVA Light
 - D. X-Ray Exposure
- 10. In nail care, what does the term 'overfilling' refer to?**
- A. Applying too many layers of polish
 - B. Excessive filing that can weaken the nail
 - C. Pushing back the cuticles too far
 - D. Using too much nail product

Answers

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

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Explanations

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1. Which muscles bring in the fingers and toes?

- A. Abductors
- B. Flexors
- C. Adductors**
- D. Rotators

The muscles that bring in the fingers and toes are known as adductors. These muscles function to pull the limbs closer to the body's midline, which is the anatomical position where the body is standing straight with feet together and arms to the sides. In the case of the fingers and toes, adductors draw them together, reducing the distance between them. Understanding the role of these muscles is crucial for various tasks, including gripping and walking. For example, when a person makes a fist, it is the adductor muscles that help bring the fingers together. Similarly, the adductors of the feet assist in keeping the toes aligned and not splayed outwards. In contrast, the other types of muscles listed have distinct functions: abductors move limbs away from the midline, flexors decrease the angle between body parts (like bending a joint), and rotators are responsible for rotating body parts around an axis. Recognizing these differences further clarifies why adductors are specifically the correct choice for bringing the fingers and toes together.

2. What indication might suggest a nail enhancement is too narrow?

- A. It appears rough
- B. It has bubbling
- C. It splits in the middle**
- D. It feels uneven

A nail enhancement that splits in the middle is a strong indication that it may be too narrow. When a nail enhancement is not wide enough to adequately support the natural nail, it can create stress points. These areas are prone to breaking or splitting because they cannot bear the load evenly across the surface of the nail. A split in the middle often suggests that the material doesn't have enough structural integrity, leading to an inability to withstand pressure and resulting in the split. For effective nail enhancements, it's crucial that they appropriately match the natural nail's width to avoid these types of issues. Proper sizing allows for a comfortable fit and helps maintain the strength of the nail enhancement, reducing the risk of damage.

3. What is the portion of the skin where the nail body rests?

- A. Nail bed**
- B. Nail fold
- C. Nail groove
- D. Nail root

The nail bed is the portion of the skin where the nail body rests. This area is crucial for nail health and growth, as it is the underlying skin that supports the nail plate. The nail bed contains blood vessels and nerves, providing nutrients and sensation to the developing nail. It is the soft tissue that lies beneath the hard nail shell, allowing for flexibility and the ability to absorb shock. Understanding the role of the nail bed is essential for anyone studying nail care, as improper care or health issues affecting the nail bed can lead to nail disorders or infections. Each of the other options represents different structures associated with the nail. The nail fold is the skin that overlaps the sides of the nail, while the nail groove is the slotted area between the nail and the skin on either side of the nail. The nail root is where the nail is formed underneath the cuticle; however, it does not directly rest under the nail body itself.

4. Which condition is characterized by thickened and overgrown nails?

- A. Onychomycosis
- B. Onycholysis
- C. Onychauxis**
- D. Paronychia

Onychauxis is indeed characterized by thickened and overgrown nails. This condition involves an increase in the thickness of the nail plate, which often results in nails that can appear bulky or distorted. It can arise for various reasons, including trauma, persistent pressure, or certain systemic health issues. In contrast, onychomycosis refers to a fungal infection of the nails that can cause discoloration and possible thickening, but it is not solely characterized by thickening. Onycholysis involves the separation of the nail from the nail bed, typically not affecting the thickness of the nail itself. Paronychia is an infection of the skin around the nails and will not lead to the thickening of the nails but can cause redness and swelling around them.

5. Which type of bit is made from sapphire particles?

- A. Filing bit
- B. Pedicure bit**
- C. Drilling bit
- D. Polishing bit

The correct answer highlights the use of sapphire particles in the manufacturing of certain manicure and pedicure tools. Specifically, a pedicure bit is designed for use on the nails and skin of the feet and is often made with these particles due to their durability and effectiveness. Sapphire particles provide a coarse surface ideal for removing dry and hardened skin during pedicure procedures. This texture allows for precise exfoliation and smoothing, which is essential for maintaining foot health. The material is also known for being gentle enough not to cause damage to the surrounding skin while effectively removing calluses and rough spots. In contrast, other types of bits, such as filing, drilling, and polishing bits, serve different purposes and are composed of various materials that may not offer the same durability or exfoliating properties as sapphire. Filing bits are typically designed for shaping and smoothing nails, drilling bits are used for creating holes, and polishing bits are meant for finishing touches and enhancing shine, which do not require the unique attributes offered by sapphire.

6. How should you use a bit at high speed?

- A. With maximum pressure for best results
- B. With minimal dust generation
- C. With less pressure**
- D. With regular intervals of slow speed

Using a bit at high speed with less pressure is essential for effective and safe manicuring practices. High-speed tools, such as electric files or drills, are designed to operate efficiently, allowing for precise shaping and finishing of nails without the need for excessive force. Applying less pressure while using a bit at high speed helps to maintain control, reduces the risk of damaging the nail or surrounding skin, and aids in producing smoother finishes. By using minimal pressure, the bit does not overheat, which could lead to unnecessary discomfort for the client or cause damage to the natural nail. It also helps prevent the creation of dust and debris, as excessive pressure can lead to aggressive filing that produces more particles. Therefore, incorporating the practice of using less pressure when operating at high speeds optimizes the effectiveness of the tool while ensuring client safety and comfort.

7. What is the term for a skin disorder caused by repeated usage of a product?

- A. Allergic dermatitis
- B. Contact dermatitis**
- C. Atopic dermatitis
- D. Dermatitis

The correct answer is contact dermatitis, which specifically refers to an inflammatory skin condition that occurs due to direct contact with an irritant or an allergen. This can happen when a product is applied repeatedly over time, triggering an inflammatory response in the skin. Contact dermatitis is characterized by redness, irritation, and sometimes swelling or blisters in the affected areas. Allergic dermatitis, on the other hand, is a type of contact dermatitis that arises due to an allergic reaction to a substance rather than irritation from repeated contact. While atopic dermatitis is a chronic condition linked to genetic factors and often associated with dry skin and eczema, it doesn't typically involve a direct causal relationship with product usage. Dermatitis is a broader term that encompasses various types of skin inflammation, including both contact dermatitis and atopic dermatitis, but it lacks the specificity to denote the context of repeated product use that contact dermatitis clearly conveys.

8. What is the term for a skin disorder caused by an allergy to the product?

- A. Dermatitis**
- B. Contact dermatitis
- C. Psoriasis
- D. Eczema

The term for a skin disorder caused by an allergy to a product is best described as contact dermatitis. This specific type of dermatitis occurs when the skin reacts to substances it has come into contact with, resulting in inflammation, redness, and itching. In contrast, dermatitis is a broader term that encompasses various skin inflammation conditions, which can include contact dermatitis but also pertains to other forms that may not necessarily involve an allergen or product. Psoriasis and eczema are distinct conditions that have different triggers and symptoms. Psoriasis is primarily an autoimmune condition characterized by the rapid buildup of skin cells, leading to scaling and inflammation, while eczema, although sometimes involved with allergic reactions, typically refers to a group of conditions that cause the skin to become inflamed, itchy, and red but does not specifically relate to a reaction from a product. Therefore, for the specific context of an allergy to a product leading to skin issues, contact dermatitis is the precise term to use.

9. What is known to cause age spots or hyperpigmentation on the backs of the hands?

- A. UVB Light
- B. Infrared Light
- C. UVA Light**
- D. X-Ray Exposure

The correct response is based on the understanding of how different types of light affect the skin. UVA light is primarily responsible for causing skin damage that can lead to hyperpigmentation, also known as age spots. It penetrates deeply into the skin and can cause long-term effects, including the breakdown of collagen and the uneven production of melanin, both of which contribute to the formation of age spots, especially in areas frequently exposed to sunlight, like the backs of the hands. While UVB light is also associated with skin damage, it primarily affects the outer layers of skin and is more associated with sunburn. Infrared light doesn't significantly cause hyperpigmentation; it is more associated with heat rather than direct damage to the skin's pigment-producing cells. X-ray exposure can have other health implications, but it does not typically lead to the age spots that are specifically associated with prolonged sun exposure and UVA rays. Thus, understanding the role of UVA light in skin aging and pigmentation issues makes it the correct choice for this question.

10. In nail care, what does the term 'overfilling' refer to?

- A. Applying too many layers of polish
- B. Excessive filing that can weaken the nail**
- C. Pushing back the cuticles too far
- D. Using too much nail product

The term 'overfilling' refers to excessive filing that can weaken the nail. This practice occurs when a nail technician applies too much pressure or files down the nail plate excessively, which can lead to thinning and potentially damage the nail. Overfilling compromises the structural integrity of the nail, making it more susceptible to breakage or lifting. It's essential for nail care professionals to maintain a balance during the filing process to ensure the nails remain healthy and robust. In contrast, applying too many layers of polish, pushing back the cuticles too far, or using too much nail product do not directly relate to the concept of overfilling, as they pertain to other aspects of nail care and maintenance. These actions may lead to different issues, such as product build-up or discomfort, but they are not synonymous with the damage caused by excessive filing. Understanding the distinction between these practices is crucial for maintaining nail health and ensuring the best outcomes for clients.

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://njstateboardmanicuring.examzify.com>

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

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