

# New York Esthetics 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. Which of the following is NOT a form of infection control?**
  - A. Sterilization**
  - B. Sanitation**
  - C. Awareness Training**
  - D. Disinfection**
  
- 2. A long thin face would be wider and fuller by applying a lighter foundation to the area of the?**
  - A. Forehead**
  - B. Cheekbones**
  - C. Jaw line**
  - D. Nose**
  
- 3. What is another name for the facial artery?**
  - A. Cervical artery**
  - B. Carotid artery**
  - C. External maxillary**
  - D. Facial vein**
  
- 4. Two parts of the epicranium are the occipitalis and which other part?**
  - A. Frontalis**
  - B. Temporalis**
  - C. Occipital**
  - D. Parietalis**
  
- 5. Which of the following tools requires sanitation after each client use?**
  - A. Styling Chairs**
  - B. Scissors**
  - C. Mirrors**
  - D. Walls**

**6. The elastic network of the dermis is primarily made up of what substance?**

- A. Collagen**
- B. Elastin**
- C. Keratin**
- D. Adipose tissue**

**7. Which massage movement involves kneading the skin using the thumb and forefinger?**

- A. Petrissage**
- B. Tapotement**
- C. Circular friction**
- D. Effleurage**

**8. Muscles are joined together by which anatomical structure?**

- A. Ligaments**
- B. Cartilage**
- C. Tendons**
- D. Fascia**

**9. What term describes a combination of two or more substances where each retains its properties?**

- A. Compound**
- B. Solution**
- C. Mixture**
- D. Emulsion**

**10. Which type of high frequency electrode is used in a circular motion on the face and neck?**

- A. Spoon**
- B. Mushroom**
- C. Comb**
- D. Flat**

## **Answers**

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

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## **Explanations**

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**1. Which of the following is NOT a form of infection control?**

- A. Sterilization**
- B. Sanitation**
- C. Awareness Training**
- D. Disinfection**

Awareness training is not classified as a form of infection control in the same way that sterilization, sanitation, and disinfection are. Infection control refers specifically to the practices and procedures employed to eliminate or reduce the transmission of infectious agents, which are vital in maintaining health and safety in environments such as spas or salons. Sterilization is the process of completely destroying all forms of microbial life, including spores, and is typically achieved through methods like autoclaving or chemical sterilants. Sanitation involves significantly reducing the number of microbial contaminants, making surfaces safe for handling, which is essential in settings where clients are served. Disinfection refers to the process of eliminating most pathogens, excluding large numbers of bacterial spores, using chemical solutions or physical methods. While awareness training is crucial for informing staff and clients about infection control practices and ensuring compliance with safety protocols, it does not directly perform any physical or chemical processes to control infections. Rather, it serves as a supportive framework to enhance the effectiveness of the actual infection control measures.

**2. A long thin face would be wider and fuller by applying a lighter foundation to the area of the?**

- A. Forehead**
- B. Cheekbones**
- C. Jaw line**
- D. Nose**

The concept behind makeup application for enhancing or altering facial shapes revolves around the use of light and shadow to create the illusion of dimension. In the case of a long thin face, applying a lighter foundation to the jawline helps to create a sense of width and fullness. By highlighting the jawline, you draw attention to this area, effectively making the lower part of the face appear broader. The jawline is often a less emphasized area in long, thin faces, and highlighting it counteracts the lengthening effect of a narrow face. This technique balances the proportions of the face, giving it a more harmonious appearance. While other facial areas, such as the forehead or cheekbones, can also be highlighted, the jawline specifically addresses the need for added width at the lower portion of the face, which is key for someone with a long, thin facial structure. Highlighting the cheeks could enhance their prominence rather than add fullness, while applying light to the forehead could potentially elongate the face further, which is not the desired effect in this scenario. Highlighting the nose typically narrows its appearance, which is also contrary to the goal of creating more width.

### 3. What is another name for the facial artery?

- A. Cervical artery
- B. Carotid artery
- C. External maxillary**
- D. Facial vein

The facial artery, which supplies blood to the face, is indeed also known as the external maxillary artery. This nomenclature is derived from its branch point from the external carotid artery. Understanding the terminology used in vascular anatomy is crucial in esthetics, as it relates to various procedures and treatments that involve facial structures. The term "external maxillary" highlights the artery's role in supplying the maxillofacial area, which is significant in ensuring proper blood flow during cosmetic and medical treatments. Knowledge of the facial artery's pathways and its alternative name helps professionals navigate their work efficiently, especially when discussing procedures that involve blood circulation in the face.

### 4. Two parts of the epicranium are the occipitalis and which other part?

- A. Frontalis**
- B. Temporalis
- C. Occipital
- D. Parietalis

The epicranium, also known as the occipitofrontalis muscle, is a muscle group that covers the upper part of the skull. It consists of two main parts: the occipitalis at the back of the head and the frontalis at the forehead. The frontalis muscle is responsible for raising the eyebrows and wrinkling the skin of the forehead. It plays a significant role in facial expressions and communicating emotions. The epicranium serves as a functional unit, where the frontalis and occipitalis work together to facilitate movement across the scalp, providing both aesthetic and functional contributions to facial expressions and hair movements. The other options refer to different muscles or terms. The temporalis is a muscle involved in chewing, while "occipital" refers to a part of the brain or related structures rather than a muscle in this context. "Parietalis" does not specifically represent a muscle involved in the function of the scalp like the frontalis does. Thus, the frontalis is indeed the correct complement to the occipitalis within the epicranium.

**5. Which of the following tools requires sanitation after each client use?**

- A. Styling Chairs**
- B. Scissors**
- C. Mirrors**
- D. Walls**

B, scissors, require sanitation after each client use because they come into direct contact with hair and sometimes skin. This direct contact can transfer bacteria and other pathogens from one client to another, which makes it crucial to sanitize them thoroughly between uses. Proper sanitation of scissors not only helps prevent cross-contamination but also promotes a hygienic environment for clients. Styling chairs, although they should be cleaned regularly, do not require the same level of sanitation as tools that come into contact with clients' hair or skin after every use. Mirrors, while they should be cleaned to maintain a professional appearance, do not typically come into direct contact with clients. Walls, on the other hand, do not require sanitation in the same way as tools and equipment because they are not directly involved in the service process. Therefore, scissors stand out as the tool that necessitates sanitation after each client to ensure safety and hygiene standards are upheld.

**6. The elastic network of the dermis is primarily made up of what substance?**

- A. Collagen**
- B. Elastin**
- C. Keratin**
- D. Adipose tissue**

The elastic network of the dermis is primarily made up of elastin, which is a crucial protein that provides the skin with its elasticity and resilience. Elastin allows the skin to stretch and then return to its original shape, which is essential for maintaining overall skin structure and function. Collagen, while also a major component of the dermis, is responsible for the skin's strength and structural integrity rather than its elastic properties. Keratin is a protein found in the outer layer of the skin (the epidermis), playing a key role in protection and waterproofing, but it is not a primary component of the dermis' elastic network. Adipose tissue is not a fibrous protein but rather a form of connective tissue that stores fat, providing insulation and cushioning, and is found beneath the dermis rather than being a structural component of it. Thus, elastin is the correct answer as it specifically relates to the skin's ability to stretch and maintain its shape.

**7. Which massage movement involves kneading the skin using the thumb and forefinger?**

- A. Petrissage**
- B. Tapotement**
- C. Circular friction**
- D. Effleurage**

Petrissage is a massage movement characterized by kneading techniques that involve lifting, squeezing, and rolling the skin and underlying tissues. This technique is performed with the thumb and forefinger (or other parts of the hands), allowing for a focused application of pressure and manipulation beneficial for improving circulation, relieving muscle tension, and promoting relaxation. The kneading action effectively works on the deeper layers of muscle and connective tissue, making it an essential part of many massage and esthetic treatments. In contrast, tapotement involves rhythmic tapping or chopping motions, circular friction consists of circular movements that stimulate blood flow and exfoliation, and effleurage refers to long, sweeping strokes that are typically used as a warming technique and to spread product over larger areas. Each of these techniques has unique benefits and applications, but the specific action of kneading with the thumb and forefinger distinctly defines petrissage.

**8. Muscles are joined together by which anatomical structure?**

- A. Ligaments**
- B. Cartilage**
- C. Tendons**
- D. Fascia**

Muscles are connected to bones and often to each other through tendons. Tendons are strong, fibrous connective tissues that facilitate the transmission of force from the muscle to the bone, enabling movement. This structure plays a crucial role in the musculoskeletal system, as they ensure that the muscles can perform their functions effectively by anchoring them to the skeletal structure. Understanding the role of tendons is vital for anyone studying anatomy as they not only act as connectors but also possess characteristics that make them resilient under stress, allowing for efficient movement without damage. Other anatomical structures, while important in the body, do not fulfill this specific connective role between muscles and bones.

**9. What term describes a combination of two or more substances where each retains its properties?**

- A. Compound**
- B. Solution**
- C. Mixture**
- D. Emulsion**

The term that best describes a combination of two or more substances where each retains its individual properties is "mixture." In a mixture, the components are physically combined rather than chemically bonded, which means that each substance maintains its distinct characteristics and can often be separated by physical means. For example, when you mix sand and salt, both substances retain their own properties; the salt remains salty, and the sand retains its gritty texture. Mixtures can also vary in their composition and can be homogeneous (uniform composition throughout) or heterogeneous (distinct parts are visible). In contrast, a compound involves a chemical reaction between elements or compounds that creates a new substance with properties different from those of the original substances. A solution is a type of homogeneous mixture where one substance (the solute) is dissolved into another (the solvent), leading to a single-phase system where the properties of the solute are not retained in the same way as in a mixture. An emulsion specifically refers to a mixture of two immiscible liquids, such as oil and water, usually stabilized by an emulsifier, and it also does not fit the definition of merely retaining properties as broadly as a mixture does. Therefore, "mixture" aptly describes the combination of substances while allowing them

**10. Which type of high frequency electrode is used in a circular motion on the face and neck?**

- A. Spoon**
- B. Mushroom**
- C. Comb**
- D. Flat**

The mushroom electrode is specifically designed for use in a circular motion on the face and neck during high frequency treatments. This electrode has a rounded, bulbous shape that effectively covers larger surface areas, making it ideal for sweeping motions that promote circulation, stimulate collagen production, and help with product penetration. Its design enables the esthetician to perform treatments without scratching or causing irritation to the skin, which is crucial for maintaining client comfort and safety. Additionally, the mushroom electrode provides an even distribution of the high frequency current, enhancing its efficacy in treating various skin concerns such as acne, aging, and overall skin rejuvenation. The other electrode types serve different functions; for example, the spoon electrode is better suited for targeted, localized treatments, while the comb electrode is meant for specific conditions like scalp treatments, and the flat electrode is used for more precise areas but does not offer the same broad coverage needed for facial and neck applications in a circular motion.

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

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

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