

# Oklahoma State Board Esthetics Practice Exam (Sample)

## Study Guide



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

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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 type of esthetics work requires the supervision of a specific professional?**
  - A. Makeup artist**
  - B. Esthetician in a spa**
  - C. Restoration**
  - D. Cosmetic dermatologist**
  
- 2. What is your professional responsibility regarding personal problems?**
  - A. Share them with colleagues**
  - B. Keep them to yourself**
  - C. Seek help from superiors**
  - D. Discuss them with clients**
  
- 3. What is the definition of teamwork in a professional setting?**
  - A. Competing with each other to improve performance**
  - B. Working collaboratively to maintain productivity and reduce stress**
  - C. Assigning tasks to different people**
  - D. Handling customer complaints individually**
  
- 4. What is the body system that controls and coordinates all other body systems?**
  - A. Nervous**
  - B. Circulatory**
  - C. Endocrine**
  - D. Reproductive**
  
- 5. Which system is responsible for changing food into nutrients and waste?**
  - A. Nervous system**
  - B. Respiratory system**
  - C. Digestive system**
  - D. Circulatory system**

- 6. What is true of the origin part of a muscle?**
- A. It is the point of muscle attachment to the joint**
  - B. It is attached to the skeleton**
  - C. It is the muscle's main point of movement**
  - D. It is always the largest part of the muscle**
- 7. What is scabies?**
- A. A type of fungal infection**
  - B. A contagious disease caused by the itch mite**
  - C. An allergic skin reaction**
  - D. A common cold**
- 8. What is true about mission statements in a business context?**
- A. They are optional components of a business plan**
  - B. They are essential elements of a business plan**
  - C. They should focus on financial goals only**
  - D. They are only relevant for large corporations**
- 9. How many bones are in the adult human body?**
- A. 206**
  - B. 205**
  - C. 201**
  - D. 210**
- 10. What is a primary component of effective time management?**
- A. Allotting time for personal reflection**
  - B. Allotting time for tasks so all tasks can be completed**
  - C. Scheduling regular breaks**
  - D. Delegating tasks to others**

## **Answers**

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

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## **Explanations**

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**1. What type of esthetics work requires the supervision of a specific professional?**

- A. Makeup artist**
- B. Esthetician in a spa**
- C. Restoration**
- D. Cosmetic dermatologist**

Restoration in the context of esthetics typically involves procedures or treatments that significantly alter or repair skin, often requiring a deeper level of medical knowledge and skill. This type of work is usually performed under the supervision of licensed medical professionals, such as dermatologists or plastic surgeons, because it may involve invasive techniques or the use of specialized products that need to be handled with care. In contrast, the roles of a makeup artist, an esthetician in a spa, and a cosmetic dermatologist do not intrinsically require supervision in the same way. Makeup artists primarily work with cosmetic application and do not perform procedures that impact the skin's medical integrity. Estheticians in spas provide services that enhance the skin's appearance but are typically non-invasive and regulated within the scope of esthetics without needing direct supervision from a medical professional. Cosmetic dermatologists, while highly trained, operate as licensed physicians themselves, thus functioning independently rather than under supervision. This delineation is crucial in ensuring safety and efficacy in treatments that may affect skin health.

**2. What is your professional responsibility regarding personal problems?**

- A. Share them with colleagues**
- B. Keep them to yourself**
- C. Seek help from superiors**
- D. Discuss them with clients**

Maintaining professionalism in the esthetics field is crucial, especially regarding personal problems. Keeping personal issues to oneself is essential to ensure that they do not affect your performance, client relations, or the overall work environment. Sharing personal problems with colleagues or discussing them with clients could lead to potential breaches of professional boundaries and could make both the professional and clients uncomfortable. Seeking help from superiors may be appropriate in certain situations, but personal problems should generally be managed privately to maintain a focus on your clients and responsibilities. Therefore, handling personal difficulties discreetly respects both your professionalism and the trust that clients place in you.

### 3. What is the definition of teamwork in a professional setting?

- A. Competing with each other to improve performance
- B. Working collaboratively to maintain productivity and reduce stress**
- C. Assigning tasks to different people
- D. Handling customer complaints individually

The definition of teamwork in a professional setting refers to working collaboratively to maintain productivity and reduce stress. This concept emphasizes the importance of individuals coming together as a cohesive unit, leveraging each person's strengths and skills to achieve common goals. Teamwork facilitates better communication and enhances a supportive work environment, allowing team members to share responsibilities, ideas, and resources. This collaborative spirit not only boosts overall productivity but also leads to reduced stress levels among team members, as they can rely on each other for assistance and support in their tasks. In contrast, competing with each other focuses on individual performance rather than collaboration, which does not align with the essence of teamwork. Assigning tasks could indicate a hierarchical approach, where the emphasis is more on delegation than on working together. Handling customer complaints individually suggests a lack of collaborative effort, which can lead to inconsistent service and increased pressure on individual staff members rather than a unified team response. Thus, the core of teamwork is found in collaboration, productivity, and shared success.

### 4. What is the body system that controls and coordinates all other body systems?

- A. Nervous**
- B. Circulatory
- C. Endocrine
- D. Reproductive

The nervous system serves as the primary control and coordination system of the body. It achieves this through a vast network of neurons that transmit signals throughout the body, facilitating communication between different body parts, including organs, tissues, and systems. The nervous system processes sensory information, initiates responses, and regulates various functions, ensuring that the body operates in a coordinated manner. For example, when you encounter a stimulus, the nervous system quickly responds to this input by transmitting signals that can result in reflexes or conscious responses. It also plays a critical role in controlling movements, regulating physiological processes, and maintaining homeostasis. In contrast, while the endocrine system also plays a vital role in regulating bodily functions through hormones, it typically operates more slowly than the nervous system. The circulatory system is responsible for transporting blood, nutrients, and oxygen throughout the body, but it does not control or coordinate other systems directly. The reproductive system's primary function is related to the production of offspring, not the overall control and coordination of body systems. Thus, the nervous system is the correct choice for controlling and coordinating all other body systems.

**5. Which system is responsible for changing food into nutrients and waste?**

- A. Nervous system**
- B. Respiratory system**
- C. Digestive system**
- D. Circulatory system**

The digestive system is the primary system responsible for breaking down food into nutrients and waste. This complex system encompasses various organs, including the mouth, esophagus, stomach, small intestine, large intestine, and anus, each playing a vital role in different stages of digestion. When you consume food, the digestive process begins in the mouth, where mechanical and chemical breakdown starts. As the food travels through the gastrointestinal tract, it undergoes further digestion, allowing the body to absorb essential nutrients, such as vitamins, minerals, proteins, carbohydrates, and fats, into the bloodstream. The remaining undigested material is eventually formed into waste, which is expelled from the body through the anus. By efficiently converting food into usable nutrients and separating waste, the digestive system plays a crucial role in maintaining overall health and wellness, directly influencing energy levels, growth, repair, and bodily functions.

**6. What is true of the origin part of a muscle?**

- A. It is the point of muscle attachment to the joint**
- B. It is attached to the skeleton**
- C. It is the muscle's main point of movement**
- D. It is always the largest part of the muscle**

The origin part of a muscle is indeed attached to the skeleton, which is why this choice is accurate. In anatomical terms, the origin refers to the fixed point of attachment of a muscle, typically located at a bone that does not move when the muscle contracts. This is essential for the muscle's function in producing movement in the body, as it provides a stable base from which the muscle can exert force. Muscles commonly have two attachment points: the origin and the insertion. The origin is usually proximal, or closer to the body's center, while the insertion is distal and usually moves during the muscle's contraction. Understanding this concept helps differentiate the origin's role from that of the insertion, which is responsible for the muscle's primary action. In contrast, elements such as size or point of movement are not defining characteristics of the origin, making those alternatives less accurate in this context.

## 7. What is scabies?

- A. A type of fungal infection
- B. A contagious disease caused by the itch mite**
- C. An allergic skin reaction
- D. A common cold

Scabies is indeed a contagious disease caused by the itch mite, known scientifically as *Sarcoptes scabiei*. This microscopic parasite burrows into the skin, leading to intense itching and a rash as a result of the immune response to the mite and its eggs. The condition is highly transmissible through close physical contact, making it common in crowded living conditions or situations where personal hygiene practices are not rigorously maintained. Understanding scabies helps differentiate it from other skin conditions. It is not a fungal infection, so the option referring to a type of fungal infection is not applicable. Furthermore, while allergic reactions can result in skin inflammation and itching, scabies is specifically an infestation by a parasite rather than an allergic skin reaction. Lastly, it's important to recognize that scabies bears no relation to a common cold, as the common cold is a viral infection, not one caused by a mite. Recognizing these distinctions is crucial for effective diagnosis and treatment in esthetics and healthcare.

## 8. What is true about mission statements in a business context?

- A. They are optional components of a business plan
- B. They are essential elements of a business plan**
- C. They should focus on financial goals only
- D. They are only relevant for large corporations

Mission statements are essential elements of a business plan because they define the fundamental purpose of an organization. A well-articulated mission statement communicates the organization's core values and objectives, guiding decision-making and strategy development. It serves as a framework for establishing goals and measuring success, helping both employees and stakeholders understand what the business stands for and aims to achieve. By clearly stating the organization's mission, the company can align its operations and business strategies with its overarching goals, ensuring that all team members are working towards a common purpose. This clarity can enhance motivation and engagement within the workforce, as employees understand how their roles contribute to the organization's success. While it's true that some businesses may function without a formal mission statement, having one can significantly benefit organizations of all sizes, not just large corporations. Properly incorporating a mission statement into a business plan strengthens the overall structure and strategic direction of the company.

## 9. How many bones are in the adult human body?

- A. 206**
- B. 205
- C. 201
- D. 210

The adult human body typically has 206 bones. This standard number can vary slightly between individuals due to anatomical variations, such as extra small bones known as accessory bones that can occasionally form. Understanding this count is important for anyone studying human anatomy, as it lays the foundation for understanding the skeletal system's structure and function. In children, the number of bones is higher—around 270—due to the presence of growth plates and other small bones that fuse together as a person matures. The process of bone fusion occurs during adolescence, resulting in the standard adult count of 206. This emphasizes the importance of bone development and changes that happen throughout a person's lifetime. Overall, knowing that there are 206 bones in a typical adult human body is essential for professionals in health and wellness fields, including those in esthetics, as it provides a baseline for understanding body framework and its implications for skin and tissue health.

## 10. What is a primary component of effective time management?

- A. Allotting time for personal reflection
- B. Allotting time for tasks so all tasks can be completed**
- C. Scheduling regular breaks
- D. Delegating tasks to others

A primary component of effective time management is allotting time for tasks so all tasks can be completed. This involves assessing the time required for each individual task and ensuring that there is a structured plan in place for accomplishing those tasks within the available timeframe. By allocating specific time slots for various activities, individuals can prioritize their workload, reduce the chances of procrastination, and enhance overall productivity. Proper task allocation also helps in creating a balanced schedule, allowing professionals to focus on their responsibilities without overwhelming themselves. While the other choices contribute to overall well-being and efficiency, they do not address the core element of successful time management in the same way. Personal reflection is beneficial for self-awareness and improvement, but it may not directly impact task completion. Scheduling regular breaks can enhance focus and prevent burnout, but again, it is not specifically about managing time for tasks. Delegating tasks can be effective, particularly in a team environment, but it depends on the context and the ability to trust others with responsibilities, rather than focusing on personal time management strategies. Thus, focusing on task allocation is essential for maximizing effectiveness and ensuring that all responsibilities are met efficiently.

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

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

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