

# Oregon Esthetician State Board 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

- 1. What process converts the light from a laser into heat?**
  - A. Electroluminescence**
  - B. Photothermolysis**
  - C. Thermoelectric conversion**
  - D. Infrared absorption**
- 2. What are secondary lesions characterized by?**
  - A. Normal skin tones**
  - B. Changes in the structure of tissues and organs**
  - C. Inflammatory responses only**
  - D. Only chemical burns**
- 3. What is the primary function of retinol in skincare?**
  - A. To hydrate the skin**
  - B. To stimulate cell repair and normalize skin cell generation**
  - C. To protect against UV damage**
  - D. To provide antibacterial effects**
- 4. What is the main benefit of glycerin in skincare?**
  - A. Acts as an emollient with moisturizing properties**
  - B. Serves as a strong water binder and skin softener**
  - C. Provides antioxidant and anti-inflammatory benefits**
  - D. Used for its astringent and antiseptic properties**
- 5. Which ingredient is derived from petroleum and used as a moisturizer?**
  - A. Glycerin**
  - B. Mineral oil**
  - C. Allantoin**
  - D. Lanolin**
- 6. What color signals thin or dehydrated skin when observed under a Wood's lamp?**
  - A. Yellow or orange**
  - B. Blue white**
  - C. Light violet or purple**
  - D. Brown**

- 7. What is the term for a non-inflamed buildup of cells, sebum, and debris inside follicles?**
- A. Comedo**
  - B. Milia**
  - C. Steatoma**
  - D. Bromidrosis**
- 8. What is the function of surfactants in cosmetic products?**
- A. Create fragrance**
  - B. Reduce surface tension and increase spreadability**
  - C. Thicken creams**
  - D. Preserve formulas**
- 9. What is the subtraction of oxygen or the addition of hydrogen called?**
- A. Oxidation**
  - B. Reduction**
  - C. Synthesis**
  - D. Electrolysis**
- 10. What is the average cell turnover rate for teenagers?**
- A. 14 to 21 days**
  - B. 21 to 28 days**
  - C. 28 to 35 days**
  - D. 35 to 42 days**



## **Answers**

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

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## **Explanations**

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## 1. What process converts the light from a laser into heat?

- A. Electroluminescence
- B. Photothermolysis**
- C. Thermoelectric conversion
- D. Infrared absorption

Photothermolysis is the correct answer because it refers specifically to the process in which light energy, when absorbed by a target tissue, is converted into heat. This is particularly relevant in the context of laser treatments in esthetics, where lasers are designed to emit specific wavelengths of light that can be selectively absorbed by certain chromophores (like melanin or hemoglobin) in the skin. When this light is absorbed, it causes the tissue to heat up, leading to various therapeutic effects, such as the destruction of unwanted hair follicles or the reduction of vascular lesions. Other processes mentioned do not accurately describe this light-to-heat conversion specific to lasers. Electroluminescence describes the phenomenon where a material emits light in response to an electric current, which is not applicable to laser treatments. Thermoelectric conversion involves converting thermal energy directly into electrical energy, which is not relevant in the context of how lasers work in esthetics. Infrared absorption is related to the absorption of infrared radiation in materials but does not encompass the broader concept of light-to-heat conversion as effectively as photothermolysis does. Thus, photothermolysis is the most accurate and relevant term in this context.

## 2. What are secondary lesions characterized by?

- A. Normal skin tones
- B. Changes in the structure of tissues and organs**
- C. Inflammatory responses only
- D. Only chemical burns

Secondary lesions are indeed characterized by changes in the structure of tissues and organs. This definition encapsulates various skin conditions that evolve as a result of primary lesions or other underlying issues. For instance, primary lesions such as macules, papules, or vesicles can lead to secondary lesions like scars, crusts, or ulcers as they heal or progress in condition. In contrast, other choices do not encompass the definition of secondary lesions. For example, normal skin tones pertain to the appearance of skin rather than any lesions, thus failing to relate to the structural changes that secondary lesions undergo. The notion of inflammatory responses only is too narrow since secondary lesions can arise from a myriad of causes, not restricted to inflammation. Similarly, stating that secondary lesions are only defined by chemical burns overlooks the broad range of conditions that can lead to structural alterations in the skin and tissues, such as infections, autoimmune diseases, or other forms of skin trauma.

### 3. What is the primary function of retinol in skincare?

- A. To hydrate the skin
- B. To stimulate cell repair and normalize skin cell generation**
- C. To protect against UV damage
- D. To provide antibacterial effects

The primary function of retinol in skincare is to stimulate cell repair and normalize skin cell generation. This ingredient is a derivative of vitamin A and plays a crucial role in promoting cellular turnover, which helps to shed dead skin cells and encourage the growth of new, healthy skin. This process is vital for addressing various skin concerns, such as fine lines, uneven texture, and hyperpigmentation, leading to a more youthful and radiant complexion. Retinol achieves these effects by speeding up the skin's natural exfoliation process, which helps to unclog pores and enhance overall skin clarity. Additionally, the stimulation of collagen production by retinol supports skin elasticity and firmness, making it a key player in anti-aging skincare. While hydration is important for skin health and can be achieved through other ingredients, retinol itself does not primarily function as a hydrator. It can sometimes cause dryness or irritation, especially when first introduced into a skincare routine, so it is often recommended to use a good moisturizer in conjunction with retinol. Moreover, retinol does not provide significant UV protection, which is mainly the role of sunscreen and other protective ingredients. Antibacterial effects are also not a primary function of retinol; instead, they can be associated with other ingredients, such as benz

### 4. What is the main benefit of glycerin in skincare?

- A. Acts as an emollient with moisturizing properties
- B. Serves as a strong water binder and skin softener**
- C. Provides antioxidant and anti-inflammatory benefits
- D. Used for its astringent and antiseptic properties

Glycerin is primarily recognized for its exceptional ability to attract and retain moisture, functioning as a powerful water binder. This characteristic makes it a highly effective humectant in skincare formulations, allowing it to draw water from the environment and deliver it to the skin. This hydrating property not only helps to keep the skin moist but also assists in softening the skin's texture. When glycerin is applied, it interacts with the skin's outer layer, enhancing its ability to maintain hydration levels. This results in a plump, smooth appearance and can significantly improve the skin's overall health and resilience against dryness. The inclusion of glycerin in skincare products leverages its moisture-binding capabilities, making it a staple ingredient in many hydrating products aimed at improving skin softness and elasticity.

**5. Which ingredient is derived from petroleum and used as a moisturizer?**

**A. Glycerin**

**B. Mineral oil**

**C. Allantoin**

**D. Lanolin**

Mineral oil is a byproduct of petroleum and is widely used in skincare products for its moisturizing properties. As a lightweight oil, it forms a barrier on the skin, helping to lock in moisture and prevent water loss. This occlusive nature makes mineral oil particularly effective for retaining hydration in the skin. Other options like glycerin, allantoin, and lanolin serve different roles in skincare; for example, glycerin is a humectant that draws moisture from the air into the skin but is not derived from petroleum, and allantoin is known for its soothing properties but does not act as a traditional moisturizer. Lanolin, while effective as an emollient and derived from sheep's wool, is also not petroleum-based.

**6. What color signals thin or dehydrated skin when observed under a Wood's lamp?**

**A. Yellow or orange**

**B. Blue white**

**C. Light violet or purple**

**D. Brown**

When observed under a Wood's lamp, light violet or purple is indicative of thin or dehydrated skin. This color response reveals the absence of underlying moisture and can highlight the skin's overall condition. The light violet hue specifically indicates areas where the skin's hydration levels are compromised, which may be due to environmental factors, lack of proper skincare, or overall health conditions. Understanding how different colors appear under a Wood's lamp is crucial for estheticians, as it aids in the diagnosis of various skin conditions. Each color serves as a visual cue that can guide professionals in tailoring treatments to improve skin health. Recognizing thin or dehydrated skin early allows for appropriate interventions, leading to better outcomes for clients.

**7. What is the term for a non-inflamed buildup of cells, sebum, and debris inside follicles?**

**A. Comedo**

**B. Milia**

**C. Steatoma**

**D. Bromidrosis**

The term for a non-inflamed buildup of cells, sebum, and debris inside follicles is known as a comedo. This term specifically refers to the type of acne formation that occurs when a hair follicle becomes clogged with dead skin cells and oil, but without any surrounding inflammation. In the context of skin care and esthetics, understanding comedones is essential because they can lead to more severe forms of acne, such as pustules or papules if they become inflamed. Comedones can present as open (blackheads) or closed (whiteheads), both of which are critical for estheticians to recognize and treat properly. Other terms associated with skin conditions serve different meanings—milia are small, white cysts that appear often around the eyes and cheeks but are distinct from comedones. Steatoma refers to a sebaceous cyst filled with sebaceous gland products, while bromidrosis refers to a foul odor from sweat and does not pertain to follicular build-up. Understanding these distinctions is important for effective skin assessment and treatment in esthetic practices.

**8. What is the function of surfactants in cosmetic products?**

**A. Create fragrance**

**B. Reduce surface tension and increase spreadability**

**C. Thicken creams**

**D. Preserve formulas**

Surfactants play a crucial role in cosmetic products primarily by reducing surface tension, which allows for improved spreadability and better wetting of surfaces. This characteristic enables surfactants to facilitate the mixing of water with oil-based ingredients, creating a smoother application and enhancing the overall texture of the product. By reducing the surface tension, they help disperse other ingredients more effectively, ensuring a more uniform product performance. Surfactants also contribute to the cleansing action in formulations, allowing dirt and oil to be lifted away from the skin or hair, which is essential in many cosmetic applications. Therefore, their ability to lower surface tension not only improves the usability of the product but also enhances its effectiveness.

**9. What is the subtraction of oxygen or the addition of hydrogen called?**

**A. Oxidation**

**B. Reduction**

**C. Synthesis**

**D. Electrolysis**

The process of subtraction of oxygen or the addition of hydrogen is termed reduction. Reduction refers specifically to a chemical reaction in which a substance gains electrons or hydrogen, effectively reducing its oxidation state. In the context of redox reactions, which involve the transfer of electrons, reduction is one half of the process that also includes oxidation, where a substance loses electrons or gains oxygen. This foundational concept is critical in chemistry, particularly in the study of organic compounds and reactions. Understanding reduction helps estheticians appreciate how certain chemical reactions can affect skin care ingredients and their efficacy, particularly in treatments aimed at improving skin quality and function. The other terms presented—oxidation, synthesis, and electrolysis—represent different chemical processes that do not align with the definition of reduction. Oxidation involves the opposite process, where a substance loses electrons. Synthesis is about combining elements or compounds to form a more complex substance. Electrolysis refers to using an electric current to drive a chemical reaction, which is not specifically about the gain of hydrogen or loss of oxygen.

**10. What is the average cell turnover rate for teenagers?**

**A. 14 to 21 days**

**B. 21 to 28 days**

**C. 28 to 35 days**

**D. 35 to 42 days**

The average cell turnover rate for teenagers typically falls between 21 to 28 days. This rate reflects how quickly the skin regenerates itself, which is influenced by factors such as age, skin type, and overall health. During adolescence, the body is undergoing various changes due to hormonal fluctuations, which can accelerate skin cell turnover. This means that skin cells are shed and regenerated more rapidly than in older adults, leading to a more dynamic and resilient skin surface. While the other ranges provided may apply to different age groups or skin conditions, they do not accurately represent the quicker turnover rate commonly seen in teenagers. The 21 to 28-day range effectively captures the youthful vitality of teenage skin, making it the correct reference point for this question.



## 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://oregon-esthetician.examzify.com>**

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