

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

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- 1. What significant benefit does microcurrent provide for acne lesions?**
 - A. Increases redness**
 - B. Minimizes healing time**
 - C. Expands hair follicles**
 - D. Decreases elasticity**

- 2. Who is credited with inventing the Lucas sprayer?**
 - A. Dr. Lucas Champonniere**
 - B. Marie Curie**
 - C. Albert Einstein**
 - D. Marie Antoinette**

- 3. What is the barrier created by skin using both sebum and sweat?**
 - A. Acid barrier**
 - B. Hydrophobic layer**
 - C. Acid mantle**
 - D. Moisture shield**

- 4. What is the role of tissue respiratory factor in skincare?**
 - A. To exfoliate dead skin cells**
 - B. To act as an anti-inflammatory and moisturizing agent**
 - C. To provide sun protection**
 - D. To brighten skin tone**

- 5. What does a cyst represent?**
 - A. A space filled with air**
 - B. An abnormally developed sac containing fluid or other matter**
 - C. A form of skin irritation**
 - D. A type of primary lesion**

- 6. Which herb can also stimulate circulation aside from being antiseptic?**
- A. Horsechestnut**
 - B. Mint**
 - C. Licorice**
 - D. Sandalwood**
- 7. What does the acronym "laser" stand for?**
- A. Light amplification by stimulated emission of radiation**
 - B. Light adjustment by spectral emission and reflection**
 - C. Laser acuteness in specific energetic restoration**
 - D. Light arrangement and spectral emissions of radiance**
- 8. Which of the following is NOT a term for a skin lesion or skin condition?**
- A. Scar**
 - B. Blackhead**
 - C. Keloid**
 - D. Dermatitis**
- 9. What signifies hypopigmentation when seen under a Wood's lamp?**
- A. Yellow or orange**
 - B. Yellow green or blue white**
 - C. Light violet or purple**
 - D. Brown**
- 10. What term is used to describe skin conditions that can be congenital or acquired due to inflammation?**
- A. Dyschromia**
 - B. Leucoderma**
 - C. Psoriasis**
 - D. Albinism**

Answers

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

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Explanations

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1. What significant benefit does microcurrent provide for acne lesions?

- A. Increases redness**
- B. Minimizes healing time**
- C. Expands hair follicles**
- D. Decreases elasticity**

Microcurrent therapy is known for its various therapeutic benefits in skin treatment, particularly for acne lesions. One of the significant advantages it offers is minimizing healing time. This form of treatment uses low-level electrical currents that mirror the body's natural electrical impulses, enhancing cellular activity. By stimulating the muscles and tissues in the skin, microcurrent increases blood circulation and lymphatic drainage, leading to improved oxygenation and the delivery of nutrients. This not only helps in accelerating the healing process of acne lesions but can also reduce inflammation and promote a healthier complexion overall. Consequently, individuals can experience a reduction in the duration of acne breakouts and quicker recovery from acne lesions. In contrast, the other options do not provide benefits related to the healing of acne lesions. Redness is typically a sign of inflammation and not a desired outcome. Expanding hair follicles is unrelated to the treatment of acne, as larger follicles do not contribute to the healing of lesions. Lastly, decreased elasticity is a negative attribute for skin health and does not connect to the benefits of microcurrent therapy. Overall, the key takeaway is that microcurrent effectively plays a role in enhancing the healing processes associated with acne lesions.

2. Who is credited with inventing the Lucas sprayer?

- A. Dr. Lucas Champonniere**
- B. Marie Curie**
- C. Albert Einstein**
- D. Marie Antoinette**

The Lucas sprayer, a device used in esthetic treatments, is credited to Dr. Lucas Champonniere. This invention is significant in the field of esthetics as it allows for the application of various solutions onto the skin through a fine mist, enhancing treatments such as hydration and revitalization. Dr. Champonniere's development of the sprayer contributed to more effective and even product application, which is crucial in skincare and esthetic practices. The other names presented in the question are notably significant in various fields but do not relate to the invention of the Lucas sprayer. Marie Curie is known for her pioneering research in radioactivity. Albert Einstein is renowned for his contributions to physics and the theory of relativity. Marie Antoinette was a historical figure known as the queen of France but had no known involvement in skincare or esthetics. The focus on Dr. Lucas Champonniere highlights the important intersection of innovation and skincare, which is vital for estheticians to understand.

3. What is the barrier created by skin using both sebum and sweat?

- A. Acid barrier
- B. Hydrophobic layer
- C. Acid mantle**
- D. Moisture shield

The correct answer is the acid mantle, which is a crucial component of the skin's overall barrier function. The acid mantle is a thin film of fatty acids and lactic acid that sits on the surface of the skin. It is formed by a mixture of sebum (an oily substance produced by sebaceous glands) and sweat (which contains water, salts, and other substances). This combination creates a slightly acidic environment that not only protects the skin from pathogenic bacteria and fungi but also helps maintain the skin's overall hydration. This protective layer is essential for skin health, as it aids in regulating the skin's pH and keeping it balanced. A healthy acid mantle prevents moisture loss and safeguards the skin against harmful irritants from the environment. Other terms like "acid barrier" or "hydrophobic layer" may not accurately represent the specific function and composition of this protective layer. While these terms touch on aspects of skin protection and moisture retention, they do not encompass the full role and nature of the acid mantle as effectively as the correct answer does. The choice "moisture shield" similarly fails to capture the chemical and biological significance that the acid mantle has in skincare. By knowing that the acid mantle is composed of sebum and sweat, one can better

4. What is the role of tissue respiratory factor in skincare?

- A. To exfoliate dead skin cells
- B. To act as an anti-inflammatory and moisturizing agent**
- C. To provide sun protection
- D. To brighten skin tone

The role of tissue respiratory factor in skincare is primarily to act as an anti-inflammatory and moisturizing agent. This substance is known for its ability to enhance the skin's overall health by helping to reduce inflammation, which can soothe irritated skin and promote a more balanced complexion. Additionally, it has moisturizing properties that assist in maintaining skin hydration, thereby improving texture and elasticity. While exfoliation, sun protection, and skin brightening are critical aspects of skincare, they are not the primary functions attributed to tissue respiratory factor. Instead, its effectiveness in supporting skin healing and hydration makes it a valuable ingredient in formulations aimed at calming and moisturizing the skin. In essence, its role is linked closely to improving skin vitality through inflammation reduction and moisture retention.

5. What does a cyst represent?

- A. A space filled with air
- B. An abnormally developed sac containing fluid or other matter**
- C. A form of skin irritation
- D. A type of primary lesion

A cyst represents an abnormally developed sac that contains fluid or other types of matter. Cysts can form as a result of various conditions, including infections, blockages in ducts, or abnormal tissue growth. They can occur in different tissues throughout the body, including the skin, and often are characterized by their encapsulated nature, which differentiates them from other types of lesions or growths. In the context of dermatology and esthetics, recognizing what a cyst is helps practitioners understand various skin conditions and informs optimal treatment approaches. For example, cysts can often be drained or surgically removed, depending on their size and symptoms, but they differ significantly from other skin issues like irritations or primary lesions, which have different clinical characteristics and treatment protocols.

6. Which herb can also stimulate circulation aside from being antiseptic?

- A. Horsechestnut
- B. Mint**
- C. Licorice
- D. Sandalwood

Mint is known for its invigorating properties, which can help stimulate circulation in addition to its antiseptic qualities. The essential oils found in mint, such as menthol, have a cooling effect, which can enhance blood flow to the area upon application. This increased circulation can provide a sense of rejuvenation and can aid in delivering nutrients and oxygen to the tissues, supporting skin health. In contrast, while horsechestnut is primarily associated with reducing inflammation and improving circulation, it is not specifically known for its antiseptic properties. Licorice is more commonly recognized for its anti-inflammatory effects and soothing qualities, but it does not have the circulation-stimulating characteristics of mint. Sandalwood is celebrated for its calming and anti-inflammatory benefits, as well as its pleasant aroma, but it does not have the same dual benefits of circulation stimulation and antiseptic activity that mint offers. Thus, mint stands out as an herb that effectively serves both purposes.

7. What does the acronym "laser" stand for?

- A. Light amplification by stimulated emission of radiation**
- B. Light adjustment by spectral emission and reflection**
- C. Laser acuteness in specific energetic restoration**
- D. Light arrangement and spectral emissions of radiance**

The acronym "laser" stands for "light amplification by stimulated emission of radiation." This definition highlights the fundamental principle of how lasers operate. In essence, lasers produce light through a process where atoms or molecules are stimulated to emit photons in a coherent beam. This phenomenon is crucial in various applications, including medical treatments, cosmetic procedures, and many forms of technology. The other options do not accurately reflect the scientific principles of laser technology. They introduce terms or concepts that are not recognized in the field, making them incorrect. Understanding the correct terminology is essential for estheticians and professionals in the beauty industry, as it allows them to communicate effectively about the procedures and technologies they use, including the specific mechanisms behind laser treatments.

8. Which of the following is NOT a term for a skin lesion or skin condition?

- A. Scar**
- B. Blackhead**
- C. Keloid**
- D. Dermatitis**

In this context, the term "dermatitis" refers to an inflammation of the skin that can manifest in various forms, such as eczema or contact dermatitis, affecting overall skin health and appearance. It is a broader category of skin conditions rather than a specific lesion or skin abnormality. On the other hand, scars, blackheads, and keloids all specifically describe certain types of skin lesions. A scar is tissue that forms over a wound as it heals, a blackhead is a type of acne lesion formed by clogged pores, and a keloid is a raised overgrowth of scar tissue that develops at the site of an injury. All three are identifiable skin lesions or abnormalities resulting from specific issues with the skin. By differentiating dermatitis as an inflammatory condition rather than a specific lesion, it becomes clear why this option stands out in the context of skin lesions and conditions. Understanding the distinction between various skin conditions and specific lesions is crucial for estheticians when assessing and treating clients' skin concerns.

9. What signifies hypopigmentation when seen under a Wood's lamp?

- A. Yellow or orange**
- B. Yellow green or blue white**
- C. Light violet or purple**
- D. Brown**

When observed under a Wood's lamp, hypopigmentation is characterized by a yellow-green or blue-white fluorescence. This occurs because the lack of melanin in the skin does not absorb UV light in the same way as normal or hyperpigmented areas do. The presence of a yellow-green or blue-white hue indicates the absence or low presence of melanocytes, which are the cells responsible for producing melanin, the pigment that gives skin its color. This distinctive fluorescence helps estheticians and dermatologists to assess skin disorders more accurately, particularly when examining conditions like vitiligo or post-inflammatory hypopigmentation, where the skin appears lighter than the surrounding tissue. By recognizing this pattern under the Wood's lamp, professionals can appropriately identify and treat various skin issues effectively.

10. What term is used to describe skin conditions that can be congenital or acquired due to inflammation?

- A. Dyschromia**
- B. Leucoderma**
- C. Psoriasis**
- D. Albinism**

The term that describes skin conditions that can be either congenital or acquired due to inflammation is leucoderma. This term specifically refers to skin depigmentation that results from various causes, including inflammatory conditions or congenital factors. Leucoderma can manifest through patches of lighter skin as a result of loss of melanocytes, which are cells responsible for producing pigment in the skin. This can occur due to several reasons such as auto-immune responses, skin trauma, infections, or genetic factors. Dyschromia refers to any abnormality in skin pigmentation that can be acquired or congenital, but it encompasses a broader range of pigmentation disorders, not specifically focusing on inflammation. Psoriasis is a specific inflammatory condition characterized by red, scaly patches on the skin, but it is a particular disorder rather than a general term for skin depigmentation. Albinism is a hereditary condition characterized by the absence of melanin, leading to very light skin, hair, and eyes, but it is not considered a condition acquired from inflammation. Thus, leucoderma accurately captures the essence of skin decoloration that can arise from a combination of congenital and inflammatory factors.

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://oregon-esthetician.examzify.com>

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

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