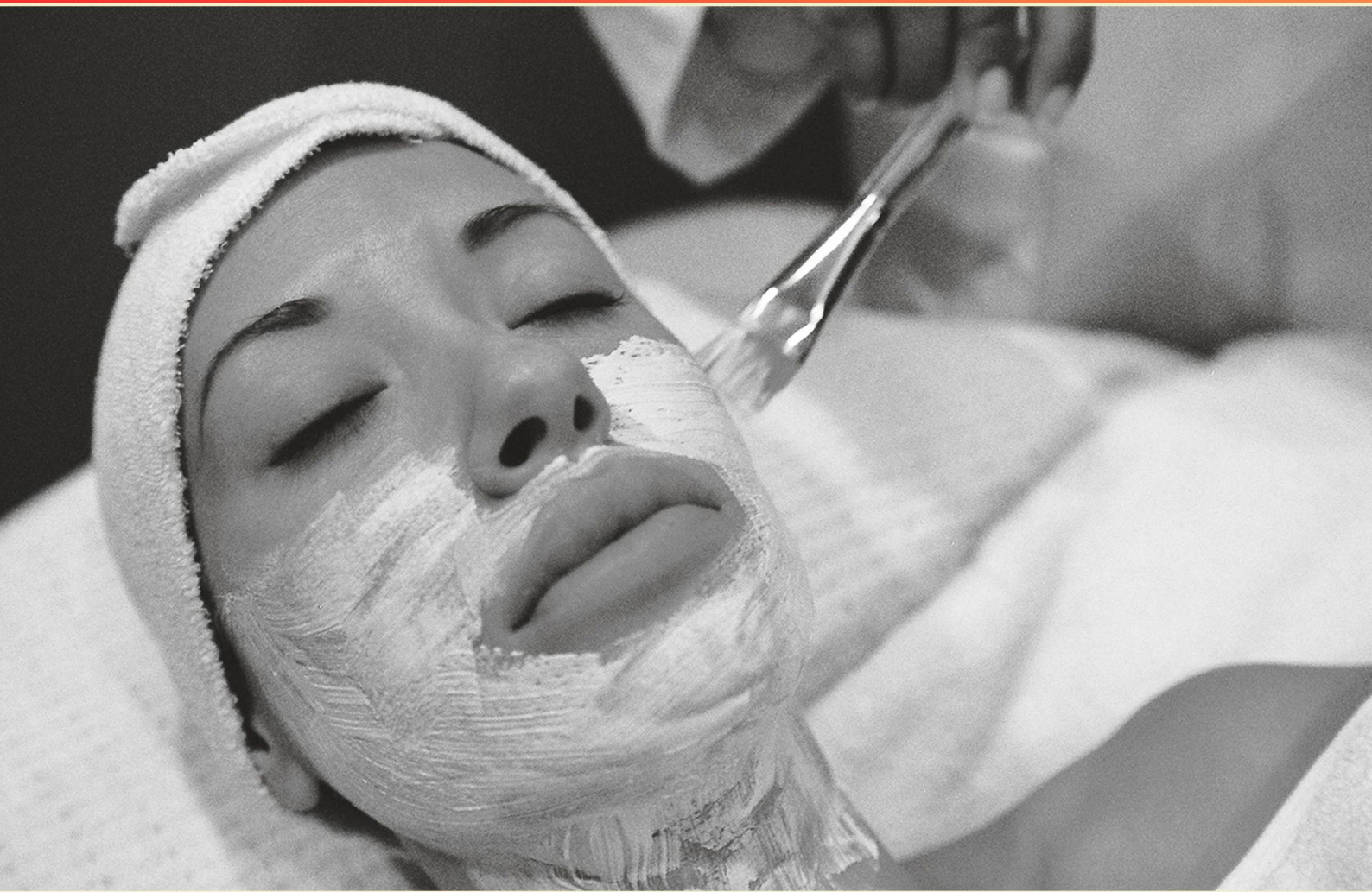


# OREGON ESTHETICIAN STATE BOARD PRACTICE EXAM (SAMPLE)

**STUDY GUIDE**



**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR  
THE FULL VERSION STUDY GUIDE**

<https://oregon-esthetician.examzify.com>



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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 of the following is classified as an antiseptic herb?**
  - A. Comfrey Root
  - B. Witch Hazel
  - C. Cloves
  - D. Horsechestnut
- 2. Which of the following describes lubricant ingredients derived from plant oils or animal fats?**
  - A. Lanolin
  - B. Fatty acids
  - C. Mineral oils
  - D. Ceramides
- 3. Which herb is commonly used in aromatherapy for its soothing and antiseptic properties?**
  - A. Sandalwood
  - B. Mint
  - C. Lavender
  - D. Witch Hazel
- 4. Which pigmentation disease is characterized by white irregular patches of skin lacking pigment?**
  - A. Albinism
  - B. Vitiligo
  - C. Psoriasis
  - D. Dyschromia
- 5. What is the term for a non-inflamed buildup of cells, sebum, and debris inside follicles?**
  - A. Comedo
  - B. Milia
  - C. Steatoma
  - D. Bromidrosis

- 6. What is the primary action of keratolytic enzymes in a peel?**
- A. Soothing inflammation
  - B. Digesting dead skin cells
  - C. Enhancing moisture retention
  - D. Stimulating collagen production
- 7. How many layers make up the epidermis?**
- A. 3
  - B. 4
  - C. 5
  - D. 6
- 8. Allantoin is known for promoting which skin benefit?**
- A. Moisture retention
  - B. Healthy tissue growth and healing
  - C. Reduction of fine lines
  - D. Antiseptic effects
- 9. What is the primary characteristic of Tesla high frequency current?**
- A. Low rate of oscillation
  - B. Variable frequency
  - C. High rate of oscillation
  - D. Constant voltage
- 10. What quality makes hard wood a preferred choice for cosmetic handles?**
- A. Lightweight
  - B. Durability
  - C. Cost-effectiveness
  - D. Easy to clean

## **Answers**

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

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## **Explanations**

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## 1. Which of the following is classified as an antiseptic herb?

- A. Comfrey Root
- B. Witch Hazel**
- C. Cloves
- D. Horsechestnut

*Witch Hazel is classified as an antiseptic herb, which makes it the correct choice in this context. It contains tannins, flavonoids, and essential oils that provide significant astringent and antiseptic properties, allowing it to be effective in treating minor skin irritations, reducing inflammation, and cleansing the skin. Its use in topical formulations can help manage various skin conditions, such as acne and minor cuts, by preventing infection and promoting healing. Comfrey Root is known for its skin-healing properties due to its allantoin content, which helps with tissue repair, but it doesn't have the antiseptic qualities associated with witch hazel. Cloves contain eugenol which has antimicrobial properties, but they are more often used in aromatherapy and culinary applications rather than as a primary antiseptic herb for skin treatments. Horsechestnut is recognized for its anti-inflammatory properties but does not have significant antiseptic properties like witch hazel does. This clarification helps to understand why witch hazel is classified appropriately as an antiseptic herb.*

## 2. Which of the following describes lubricant ingredients derived from plant oils or animal fats?

- A. Lanolin
- B. Fatty acids**
- C. Mineral oils
- D. Ceramides

*The correct answer is fatty acids, as these are essential components often derived from both plant oils and animal fats. Fatty acids play a crucial role in the formulation of lubricants due to their ability to enhance moisture retention and provide a protective barrier on the skin. They help in maintaining skin's elasticity and softness by replenishing lipids that may be lost due to environmental factors or aging. In contrast, lanolin, which is derived from sheep's wool, is a specific type of fat that behaves similarly to human sebum, but it is not broadly categorized as a plant oil or animal fat. Mineral oils, on the other hand, are derived from petroleum and do not fit the description of being plant or animal-derived. Ceramides are lipid molecules that help restore the skin barrier, but they are not specifically categorized under lubricants from plant oils or animal fats. Thus, fatty acids stand out as the correct classification in this context.*

**3. Which herb is commonly used in aromatherapy for its soothing and antiseptic properties?**

- A. Sandalwood
- B. Mint
- C. Lavender**
- D. Witch Hazel

*Lavender is widely recognized in aromatherapy for its soothing and antiseptic properties. It has a long history of use for promoting relaxation and alleviating stress, making it a popular choice for calming anxious or agitated feelings. In addition to its calming effects, lavender essential oil contains compounds that exhibit antimicrobial properties, which can help in the healing of minor cuts and burns and in preventing infection. This dual action of soothing the mind while also providing antiseptic benefits makes lavender a primary herb in aromatherapy practices. Other herbs listed, such as sandalwood, mint, and witch hazel, possess unique qualities but do not have the same combination of soothing and antiseptic properties that lavender offers. Sandalwood is often used for its grounding aroma, while mint is known for its invigorating and refreshing properties. Witch hazel is primarily known for its astringent and anti-inflammatory qualities, particularly for skin care rather than general soothing in an aromatherapy context. Thus, lavender stands out as the herb that best fits the question criteria.*

**4. Which pigmentation disease is characterized by white irregular patches of skin lacking pigment?**

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

*Vitiligo is a pigmentation disease that is specifically marked by the appearance of white irregular patches of skin. This condition occurs when the skin loses melanocytes, the cells responsible for producing melanin, which gives skin its color. As a result, areas of the skin become lighter than the surrounding skin, leading to the distinct patches that are characteristic of vitiligo. In contrast, albinism is a genetic condition that results in a complete lack of melanin throughout the body, resulting in very light skin, hair, and eyes, but it does not specifically manifest as patches of lighter skin. Psoriasis is an autoimmune condition that leads to red, inflamed patches of skin covered with silvery scales, and dyschromia refers to any abnormal coloration of the skin but does not specify the presence of white patches. Therefore, vitiligo is the most accurate description of the condition characterized by white irregular patches of skin lacking pigment.*

**5. 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.*

**6. What is the primary action of keratolytic enzymes in a peel?**

- A. Soothing inflammation
- B. Digesting dead skin cells**
- C. Enhancing moisture retention
- D. Stimulating collagen production

*Keratolytic enzymes are specifically designed to break down and digest dead skin cells on the surface of the skin. By facilitating the removal of these dead cells, keratolytic enzymes help to promote a smoother, more radiant complexion and can improve the overall texture and appearance of the skin. They work by targeting the bonds that hold dead skin cells together, effectively sloughing them off to reveal the healthier skin underneath. While soothing inflammation, enhancing moisture retention, and stimulating collagen production are valuable functions in various skincare treatments, they do not specifically define the primary action of keratolytic enzymes. The role of these enzymes is primarily focused on the exfoliation process, which is essential in peels intended for rejuvenation and clarity of the skin. This makes the action of digesting dead skin cells the most accurate choice regarding keratolytic enzymes in a peel.*

**7. How many layers make up the epidermis?**

- A. 3
- B. 4
- C. 5**
- D. 6

*The epidermis consists of five distinct layers, each with unique functions and characteristics. These layers are, from the bottom to the top: stratum basale, stratum spinosum, stratum granulosum, stratum lucidum (found only in thick skin), and stratum corneum. The stratum basale is where new skin cells are generated, while the stratum spinosum provides strength and flexibility to the skin. The stratum granulosum contributes to the barrier functions of the skin, and the stratum lucidum, which is present in areas of thick skin, provides an additional layer of protection. Finally, the stratum corneum is the outermost layer, composed of dead skin cells that are shed and replaced regularly. Understanding these layers is crucial for estheticians as it helps in assessing skin types, planning appropriate treatments, and addressing various skin conditions effectively.*

## 8. Allantoin is known for promoting which skin benefit?

- A. Moisture retention
- B. Healthy tissue growth and healing**
- C. Reduction of fine lines
- D. Antiseptic effects

Allantoin is primarily recognized for its ability to promote healthy tissue growth and healing. It is a natural compound that is often derived from plants or produced synthetically. Allantoin has soothing properties and is commonly used in skincare products for its ability to accelerate new skin cell generation and enhance the overall healing process. This makes it especially beneficial for repairing damaged skin or wounds, as well as for calming irritated skin. While options such as moisture retention, reduction of fine lines, and antiseptic effects are important in skincare, they do not specifically highlight allantoin's primary role. Allantoin can indeed contribute to moisture retention by promoting the skin's hydration levels, but its standout feature remains its effectiveness in supporting tissue repair and regeneration. Thus, recognizing allantoin as a key ingredient for healing aligns with its most significant benefits in the context of esthetics.

## 9. What is the primary characteristic of Tesla high frequency current?

- A. Low rate of oscillation
- B. Variable frequency
- C. High rate of oscillation**
- D. Constant voltage

The primary characteristic of Tesla high frequency current is its high rate of oscillation. This type of current operates at very high frequencies, typically in the range of several kilohertz to megahertz. The high frequency allows for unique therapeutic benefits in esthetic treatments, such as promoting circulation, stimulating collagen production, and providing antibacterial effects to the skin. In esthetic practices, Tesla high frequency current is used to enhance the absorption of products, reduce inflammation, and facilitate healing within tissues. This characteristic makes it particularly effective for various skin conditions, including acne and signs of aging. While other options mention aspects like variable frequency and constant voltage, they do not accurately describe the notable phenomenon of rapid oscillation that defines Tesla current and its effectiveness in skincare applications.

## 10. What quality makes hard wood a preferred choice for cosmetic handles?

- A. Lightweight
- B. Durability**
- C. Cost-effectiveness
- D. Easy to clean

Durability is a significant quality that makes hardwood a preferred choice for cosmetic handles. Hardwood is known for its strength and resilience, which ensures that tools and applicators withstand regular use without easily breaking or showing signs of wear. This characteristic is particularly important in a cosmetic context where tools may be frequently handled and need to maintain their integrity over time, providing a reliable and professional experience for the user. While lightweight materials may be beneficial for ease of use, they often do not provide the same robustness as hardwood. Cost-effectiveness is also a consideration, but it often doesn't favor hardwood compared to alternatives like plastics or other materials that may be cheaper but less durable. Furthermore, while ease of cleaning is vital for hygiene, hardwood can also be treated or finished to enhance its cleanability, ensuring that it remains a practical choice. Thus, the superior durability of hardwood makes it a standout option for cosmetic handles.

## 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:

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

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