

Pennsylvania Esthetician State Board Practice Exam Sample Study Guide



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SAMPLE

Questions

- 1. Which of the following factors can compromise skin health if not maintained?**
 - A. Nutrition**
 - B. Hydration**
 - C. Sun protection**
 - D. All of the above**
- 2. What is the term for a closed path that allows electricity to flow from the source to an appliance?**
 - A. Open Circuit**
 - B. Closed Circuit**
 - C. Conductor**
 - D. Transformer**
- 3. What is the most popular waxing service in a skincare center?**
 - A. Leg Wax**
 - B. Underarm Wax**
 - C. Upper Lip Wax**
 - D. Bikini Wax**
- 4. Which of the following is NOT a result of collagen or fat injections?**
 - A. Increased Volume**
 - B. Enhanced Skin Smoothness**
 - C. Evening out of pigmentation**
 - D. Reduction of Wrinkles**
- 5. What term describes excessive hair growth that is genetically determined?**
 - A. Hypertrichosis**
 - B. Hypotrichosis**
 - C. Alopecia**
 - D. Trichotillomania**

- 6. Groups of similar cells are referred to as what?**
- A. Organ Systems**
 - B. Tissues**
 - C. Structures**
 - D. Organs**
- 7. What term is used for ingredients that produce the desired effects in skincare products?**
- A. Inactive Ingredients**
 - B. Passive Ingredients**
 - C. Active Ingredients**
 - D. Preservatives**
- 8. Which hair type is characterized by fine, hair-like projections?**
- A. Terminal**
 - B. Villus**
 - C. Barb**
 - D. Cilia**
- 9. Which product is designed to help cleanse the skin and normalize pH levels for normal to dry skin?**
- A. Toner**
 - B. Moisturizer**
 - C. Exfoliant**
 - D. Emulsifier**
- 10. Which facial shape is considered ideal or classic?**
- A. Square**
 - B. Round**
 - C. Oval**
 - D. Heart**

Answers

SAMPLE

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

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Explanations

1. Which of the following factors can compromise skin health if not maintained?

- A. Nutrition**
- B. Hydration**
- C. Sun protection**
- D. All of the above**

Maintaining skin health is influenced by a combination of several critical factors, all of which are essential to ensure that the skin remains functioning at its best. Nutrition is fundamental because the skin requires a variety of vitamins, minerals, and antioxidants to repair itself and to maintain elasticity and vitality. A well-balanced diet helps fend off issues like dryness, inflammation, and premature aging. Hydration is also vital, as adequate water intake keeps the skin plump and elastic. When the skin is dehydrated, it can become dry, flaky, and more prone to irritation and aging signs. Sun protection is crucial because exposure to ultraviolet (UV) rays can damage skin cells, leading to premature aging, hyperpigmentation, and an increased risk of skin cancer. Using sunscreen and protective clothing helps shield the skin from harmful rays. Since all these factors—nutrition, hydration, and sun protection—are interconnected components that, if neglected, can lead to various skin issues, it reinforces the importance of a holistic approach to skin health. Therefore, recognizing that each factor plays a significant role in maintaining overall skin wellness leads to the conclusion that all of these elements must be maintained to preserve skin health effectively.

2. What is the term for a closed path that allows electricity to flow from the source to an appliance?

- A. Open Circuit**
- B. Closed Circuit**
- C. Conductor**
- D. Transformer**

A closed circuit is the term used to describe a complete electrical path that enables electricity to flow uninterrupted from the power source to an appliance. In a closed circuit, there are no breaks or interruptions in the connections, allowing the current to travel from one component to the next and perform its intended function, such as powering a device. In contrast, an open circuit is one that has an interruption or break in the path, preventing the flow of electricity. This means that appliances or devices connected to an open circuit will not function because the current cannot complete its journey. The term conductor refers to materials that transmit electricity, such as copper or aluminum, rather than describing the configuration of the electrical path itself. A transformer, on the other hand, is a device used to change the voltage of electricity in a circuit, but it does not define the path of electricity flow. Thus, the correct identification of a closed circuit clearly highlights the essential feature of a complete electrical loop necessary for appliance operation.

3. What is the most popular waxing service in a skincare center?

- A. Leg Wax**
- B. Underarm Wax**
- C. Upper Lip Wax**
- D. Bikini Wax**

The upper lip wax is often considered the most popular waxing service in a skincare center for several reasons. This area typically requires maintenance due to the finer and relatively faster growth of hair, which can be particularly noticeable on women. Many clients prefer waxing over shaving for this sensitive area as it provides a longer-lasting solution, effectively removing hair from the root and resulting in smoother skin for several weeks. Additionally, the upper lip is one of the most visible areas of the face, making it a priority for those who wish to maintain a polished and clean appearance. Waxing the upper lip can also be done quickly, making it a convenient choice for clients who may seek quick touch-ups or are on a tight schedule. While other waxing services, such as leg, underarm, and bikini waxing, are also popular, they often involve more time and are influenced by seasonal trends. In contrast, upper lip waxing remains a consistent demand in skincare due to its effectiveness and the perception of facial grooming.

4. Which of the following is NOT a result of collagen or fat injections?

- A. Increased Volume**
- B. Enhanced Skin Smoothness**
- C. Evening out of pigmentation**
- D. Reduction of Wrinkles**

Collagen and fat injections are primarily aimed at restoring volume to specific areas of the skin and enhancing overall skin texture. These treatments are known to provide results such as increased volume, which helps to plump up areas that have lost elasticity due to aging. Additionally, these injections can enhance skin smoothness by filling in depressions, lines, and wrinkles, leading to a more youthful appearance. While collagen and fat injections can effectively reduce the appearance of wrinkles, they do not address skin pigmentation issues. Evening out pigmentation involves different treatments, such as laser therapy, chemical peels, or topical products designed to target discoloration specifically. Therefore, the option suggesting evening out pigmentation is not a direct result of collagen or fat injections, making it the correct answer in this context.

5. What term describes excessive hair growth that is genetically determined?

- A. Hypertrichosis**
- B. Hypotrichosis**
- C. Alopecia**
- D. Trichotillomania**

The correct term for excessive hair growth that is genetically determined is hypertrichosis. This condition is characterized by an abnormal increase in hair growth over and above the normal levels. Hypertrichosis can occur in various forms and can affect different parts of the body, potentially resulting in a notable contrast to typical hair growth patterns. The emphasis on genetic determination highlights that this condition may not necessarily be linked to external factors such as hormonal changes or environmental influences; rather, it is intrinsically connected to one's genetic makeup. This distinction is crucial for understanding the biological mechanisms that drive hair growth and the variations among individuals. The other terms provided in the choices refer to different conditions related to hair. Hypotrichosis refers to insufficient hair growth, alopecia indicates hair loss, and trichotillomania involves compulsive hair pulling. Each of these conditions has distinct characteristics and causes, which do not relate to excessive hair growth as hypertrichosis does.

6. Groups of similar cells are referred to as what?

- A. Organ Systems**
- B. Tissues**
- C. Structures**
- D. Organs**

The term that refers to groups of similar cells working together to perform a specific function is "tissues." In biological terminology, tissues are classified based on the type of cells they contain and their particular functions. For example, muscle tissue is made up of muscle cells and is responsible for movement, while epithelial tissue is composed of closely packed cells that cover surfaces and line cavities. Organ systems, on the other hand, are made up of multiple organs that work collaboratively to carry out broad biological functions. Structures would not provide the specificity needed to describe a collection of cells performing a function, and organs refer specifically to collections of different types of tissues that work together for a common purpose, such as the heart or lungs. Thus, the correct term for the grouping of similar cells is indeed tissues.

7. What term is used for ingredients that produce the desired effects in skincare products?

- A. Inactive Ingredients**
- B. Passive Ingredients**
- C. Active Ingredients**
- D. Preservatives**

The term used for ingredients that produce the desired effects in skincare products is "Active Ingredients." These are the components intentionally included in formulations to achieve specific skincare benefits, such as treating acne, reducing wrinkles, or providing hydration. Active ingredients have a direct impact on the skin, leading to observable changes and improvements in skin condition. In contrast, inactive ingredients serve various roles but do not contribute directly to the intended effects of the product. They might include components that provide texture, stability, or preservation but lack any therapeutic benefits. Passive ingredients, while not a standard industry term, imply a lack of functional impact compared to active ingredients. Preservatives specifically refer to substances used to prevent microbial growth and prolong the shelf life of products, but do not address skin concerns directly like active ingredients do. Therefore, "Active Ingredients" is the most accurate term for those that deliver skincare results.

8. Which hair type is characterized by fine, hair-like projections?

- A. Terminal**
- B. Villus**
- C. Barb**
- D. Cilia**

The correct answer is cilia. Cilia are tiny, hair-like projections found on the surface of certain cells in the body. They play a vital role in various biological functions such as movement and sensory perception. In the context of hair types, cilia refers to these delicate structures that are often involved in the movement of fluids across cell surfaces or in sensory functions. Terminal hair refers to the thick, long, and pigmented hair typically found on the scalp, face, and body of adults. Villus hair, on the other hand, is short, fine, and usually unpigmented, commonly found on most of the body except for the palms and soles of the feet. Barb does not describe a hair type relevant to human biology in this context. Therefore, cilia is the most accurate choice, as it specifically refers to the fine, hair-like projections found at the cellular level.

9. Which product is designed to help cleanse the skin and normalize pH levels for normal to dry skin?

- A. Toner**
- B. Moisturizer**
- C. Exfoliant**
- D. Emulsifier**

The product designed to help cleanse the skin and normalize pH levels for normal to dry skin is a toner. Toners are typically used after cleansing to remove any remaining impurities and to balance the skin's natural pH level, which can be disrupted during the cleansing process. This step is particularly beneficial for maintaining the skin's health, especially for those with normal to dry skin, as it hydrates and preps the skin for subsequent treatments, such as serums or moisturizers. While other products such as moisturizers and exfoliants play important roles in a skincare routine, their primary functions differ. Moisturizers are designed to hydrate and lock in moisture, making them essential for maintaining skin's hydration but not focused on cleansing or pH balancing. Exfoliants help to remove dead skin cells and promote cell turnover, but they do not specifically address pH normalization or act as a cleansing product. Emulsifiers are used to blend oils and water in formulations, making them essential in various cosmetic products but not directly related to cleansing or skin pH management. Thus, toner is the clear choice when looking to both cleanse and normalize the skin's pH.

10. Which facial shape is considered ideal or classic?

- A. Square**
- B. Round**
- C. Oval**
- D. Heart**

The oval facial shape is often regarded as the ideal or classic shape because of its balanced proportions. This shape typically features a gently rounded jawline with a forehead that is slightly wider than the chin, creating an overall harmonious look. The symmetry of the oval face allows for versatility in hairstyles and makeup techniques, making it a highly coveted shape in the beauty industry. In aesthetics, this shape is considered advantageous because it provides a natural framework that can enhance various facial features without the need for contouring aimed at correcting perceived imbalances. Consequently, many beauty professionals reference the oval shape as a standard when evaluating how to achieve the most flattering results for their clients.