

PENNSYLVANIA ESTHETICIAN STATE BOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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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 method is commonly used to remove unwanted hair with minimal discomfort?**
 - A. Shaving
 - B. Laser Hair Removal
 - C. Threading
 - D. Waxing
- 2. What is the term for more current flowing through a line than the line is designed to carry?**
 - A. Short Circuit
 - B. Overload
 - C. Surge
 - D. Leakage
- 3. What term refers to the body's state of balance?**
 - A. Equilibrium
 - B. Homeostasis
 - C. Harmony
 - D. Stability
- 4. What type of insurance policy is required by law for workers?**
 - A. Health Insurance
 - B. Liability Insurance
 - C. Worker's Compensation
 - D. Property Insurance
- 5. What is formentation in esthetics?**
 - A. Soaking a clean towel in infusion and decoction
 - B. Applying essential oils on the skin
 - C. A method of massaging the skin
 - D. Using steam treatment

- 6. Which skin condition results from the dilation of blood vessels close to the surface of the skin?**
- A. Telangiectasia
 - B. Asteatosis
 - C. Acne
 - D. Psoriasis
- 7. What type of hair is generally not associated with increased pigmentation?**
- A. Terminal Hair
 - B. Cilia
 - C. Lanugo
 - D. Villus
- 8. Which term refers to the essential knowledge about the functions and structure of skin related to esthetics?**
- A. Skin Physiology
 - B. Cosmetic Chemistry
 - C. Dermatopathology
 - D. Esthetic Theory
- 9. What is the phase of hair growth where the hair sheds and the follicle rests?**
- A. Anagen Phase
 - B. Telogen Phase
 - C. Catagen Phase
 - D. Resting Phase
- 10. What type of product works in conjunction with other ingredients to chemically exfoliate the skin?**
- A. Moisturizer
 - B. Chemical Exfoliant
 - C. Facial Cleanser
 - D. Toner

Answers

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

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Explanations

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1. Which method is commonly used to remove unwanted hair with minimal discomfort?

- A. Shaving
- B. Laser Hair Removal**
- C. Threading
- D. Waxing

The method commonly used to remove unwanted hair with minimal discomfort is laser hair removal. This technique utilizes targeted laser technology to disable hair follicles with precision while minimizing damage to the surrounding skin. The process involves emitting pulses of light that are absorbed by the pigment in the hair, resulting in a reduction of hair growth over time. Many individuals find this method to be less painful compared to traditional hair removal techniques, especially after a few sessions, as the hair becomes finer and less dense. While other options like shaving, threading, and waxing are widely used hair removal methods, they tend to cause more discomfort. Shaving can lead to nicks and irritation, threading can be particularly uncomfortable for sensitive skin types as it pulls the hair from the root, and waxing, while effective, can also be quite painful due to the adhesive nature of the wax and the removal of hair from the root. In contrast, laser hair removal offers the advantage of reducing the overall discomfort while providing longer-lasting results compared to the other methods listed.

2. What is the term for more current flowing through a line than the line is designed to carry?

- A. Short Circuit
- B. Overload**
- C. Surge
- D. Leakage

The term for more current flowing through a line than the line is designed to carry is referred to as an overload. In electrical systems, each line or circuit has a specific capacity, often measured in amperes. When the current exceeds this capacity, it can lead to overheating, equipment damage, or even fire hazards. Overloads typically occur when too many devices are connected to a single circuit or when a device draws more power than its designated ratings. Identifying and addressing overloads is crucial in maintaining safe operational standards in any electrical setup. In contrast, a short circuit refers to an abnormal connection that allows current to travel along an unintended path, typically resulting in excessive current flow. A surge describes a sudden increase in voltage that can occur due to various reasons such as lightning strikes or power restoration. Leakage refers to the unwanted flow of current through insulation or other unintended areas, which is also a potential safety hazard but is distinct from the throughput capability of a line. Thus, an overload specifically addresses the issue of excessive current relative to the line's capacity.

3. What term refers to the body's state of balance?

- A. Equilibrium
- B. Homeostasis**
- C. Harmony
- D. Stability

The term that refers to the body's state of balance is homeostasis. Homeostasis is a concept that relates to the body's ability to maintain a stable internal environment despite changes occurring in the external environment. This includes regulating various physiological processes such as temperature, pH levels, hydration, and more, ensuring that the body's systems function efficiently and effectively. Homeostasis is essential for survival as it allows the body to adapt to stresses and maintain optimal functioning even when faced with challenges such as changes in temperature, nutrition, or activity level. Understanding homeostasis is crucial for estheticians since skin health and appearance can be influenced by the body's overall internal balance. While equilibrium, harmony, and stability all convey related concepts about balance, they are broader terms and do not specifically encompass the dynamic regulatory processes that the term homeostasis describes. Equilibrium can refer to a state of rest or balance but doesn't capture the active maintenance of internal conditions. Harmony suggests a pleasing arrangement but lacks the biological context. Stability implies a lack of change, which does not accurately reflect the ongoing adjustments the body makes in response to internal and external factors. Therefore, homeostasis is the most precise term to describe the body's state of balance in a biological context.

4. What type of insurance policy is required by law for workers?

- A. Health Insurance
- B. Liability Insurance
- C. Worker's Compensation**
- D. Property Insurance

Worker's compensation insurance is a type of insurance that provides benefits to employees who are injured or become ill as a direct result of their job. This coverage is mandated by law in most states, including Pennsylvania, to ensure that workers receive medical care and compensation for lost wages due to job-related injuries. This protection not only safeguards employees but also helps employers by limiting their liability when workplace injuries occur. Since health insurance primarily covers medical expenses for a range of health issues not necessarily work-related, and liability insurance protects businesses from claims resulting from injuries or damage to others, they do not fulfill the legal requirements for employee protection. Property insurance, on the other hand, protects physical business assets but does not address employee injuries or illnesses at work. Therefore, worker's compensation is specifically required by law to cover work-related incidents, making it the correct answer.

5. What is formmentation in esthetics?

A. Soaking a clean towel in infusion and decoction

B. Applying essential oils on the skin

C. A method of massaging the skin

D. Using steam treatment

Formmentation in esthetics refers specifically to the process of soaking a clean towel in an infusion or decoction, which is then applied to the skin. This technique is commonly used for various purposes, including enhancing circulation, relieving tension, and promoting relaxation. The infused or decocted water may contain medicinal herbs, which can offer additional benefits depending on the ingredients used. Using a towel that has absorbed these beneficial components allows for direct application to the skin, facilitating deeper penetration of the active ingredients and enhancing the overall effect of the treatment. Unlike other methods that might focus on different forms of application—such as essential oils that may not be soaked into a towel, or steam treatments that involve steam application—formmentation specifically utilizes a wet towel steeped in therapeutic solutions, making it unique. Understanding formmentation helps estheticians choose appropriate treatments tailored to clients' individual skin needs.

6. Which skin condition results from the dilation of blood vessels close to the surface of the skin?

A. Telangiectasia

B. Asteatosis

C. Acne

D. Psoriasis

The condition that results from the dilation of blood vessels close to the surface of the skin is telangiectasia. This condition manifests as small, dilated blood vessels or capillaries that can appear red or purple and are often visible through the skin. Telangiectasia can occur for various reasons, including sun damage, hormonal changes, and certain medical conditions, making the skin appear flushed or red in those areas. Other options do not relate to the dilation of blood vessels. Asteatosis refers to dry, scaly skin that results from a lack of sebum, while acne is characterized by clogged pores and inflammation caused by bacteria and oil. Psoriasis is an autoimmune condition that leads to the rapid growth of skin cells, resulting in thick, red, and scaly patches. Understanding these distinctions is important for accurately assessing skin conditions and their appropriate treatments.

7. What type of hair is generally not associated with increased pigmentation?

A. Terminal Hair

B. Cilia

C. Lanugo

D. Villus

Villus hair, often referred to as vellus hair, is the fine, short, and lightly pigmented hair that covers much of the body. This type of hair is generally less pigmented compared to terminal hair, which is the thicker, coarser hair found in areas like the scalp and beard. Vellus hair is designed to be soft and scarcely noticeable, which contributes to the appearance of smooth skin rather than a pronounced color or pigmentation. In contrast, terminal hair is commonly associated with increased pigmentation, as it grows thicker and darker, particularly in response to hormones during puberty. Lanugo is fine hair that covers the fetus in utero, and while it can also lack pigmentation, it is replaced by vellus and terminal hair after birth. Cilia refers to the microscopic hair-like structures found on the surface of cells and does not pertain to hair types on the body. Thus, vellus hair is characterized by its minimal pigmentation, distinguishing it from other hair types like terminal and lanugo hair, which can be more pigmented.

8. Which term refers to the essential knowledge about the functions and structure of skin related to esthetics?

- A. Skin Physiology**
- B. Cosmetic Chemistry
- C. Dermatopathology
- D. Esthetic Theory

The term that refers to the essential knowledge about the functions and structure of skin related to esthetics is skin physiology. This field of study encompasses understanding how different layers of the skin function, the role of various skin components, and how external factors affect skin health and appearance. It is crucial for estheticians, as a solid foundation in skin physiology allows them to provide appropriate skin care treatments and advice tailored to individual needs while considering aspects like skin type, conditions, and potential reactions to products or procedures. In contrast, cosmetic chemistry focuses on the formulation and safety of cosmetic products without delving deeply into the skin's biological functions. Dermatopathology is concerned with skin diseases and their underlying pathology rather than basic skin structure and function. Esthetic theory pertains to the principles and philosophies of beauty and aesthetics but does not specifically emphasize the biological aspects of the skin necessary for practical application in esthetics.

9. What is the phase of hair growth where the hair sheds and the follicle rests?

- A. Anagen Phase
- B. Telogen Phase**
- C. Catagen Phase
- D. Resting Phase

The phase of hair growth where the hair sheds and the follicle enters a resting state is known as the Telogen Phase. During this stage, which is typically the final phase of the hair growth cycle, the hair is not actively growing. Instead, it rests for a period, after which it will eventually be shed to make way for new hair growth. Understanding the hair growth cycle is crucial for estheticians, as it influences hair removal techniques and the timing of treatments. The Telogen Phase can last several weeks to a few months, during which it's completely normal for a certain amount of hair to fall out. In contrast, other phases such as Anagen, which is the active growth phase, and Catagen, which is a transitional phase where hair growth slows down and follicle shrinks, are distinctly different from the Telogen Phase both in function and characteristics. The Resting Phase is not a commonly defined term in a traditional hair growth cycle context, making the Telogen Phase the most accurate description for shedding and resting.

10. What type of product works in conjunction with other ingredients to chemically exfoliate the skin?

- A. Moisturizer
- B. Chemical Exfoliant**
- C. Facial Cleanser
- D. Toner

The correct choice is a chemical exfoliant because it is specifically formulated to break down the bonds between dead skin cells, allowing them to be sloughed away and revealing newer, healthier skin underneath. These products typically contain ingredients like alpha hydroxy acids (AHAs) or beta hydroxy acids (BHAs), which penetrate the skin and dissolve the cellular bonds that hold dead skin particles together. This chemical action is designed to enhance the skin's texture and promote cell turnover, which may not be achievable through physical exfoliation alone. In contrast, moisturizers are designed to hydrate and nourish the skin but do not possess the chemical properties required for exfoliation. Facial cleansers primarily focus on removing dirt, oil, and makeup from the skin's surface and are not meant to exfoliate. Toners can help in balancing the skin's pH and may contain mild exfoliating agents, but their primary function is not to serve as a dedicated exfoliant. Thus, the role of the chemical exfoliant is critical as it directly targets the exfoliation process through its unique formulation.

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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:

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

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