

PIVOT POINT SKIN 106 PRACTICE TEST (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 statement best describes a macula?

- A. A raised bump larger than 1 cm
- B. A crusty scab
- C. A flat discoloration appearing on the skin's surface less than 1 cm with no change in texture of the skin
- D. A light brown patch

2. Which condition may require avoidance of treatment?

- A. Acne
- B. Milia
- C. Whitehead
- D. Acne Excorciee

3. Which algae are cyanobacteria found in natural water bodies and contain B vitamins, calcium, and protein?

- A. Blue-Green Algae
- B. Green Algae
- C. Brown Algae
- D. Red Algae

4. Which secondary lesion is a dried mass, remains of an oozing sore, possibly containing blood, pus, sebum, epithelial tissue and/or bacterial debris?

- A. Vesicle
- B. Pustule
- C. Crust
- D. Ulcer

5. Poultice is defined as what?

- A. A method of distilling essential oils
- B. A paste made by crushing herbs and hot liquid
- C. A dried herb collection
- D. A cold infusion

6. Macrophages are phagocytes primarily found in which location?

- A. Lymph nodes
- B. Dermis
- C. Epidermis
- D. Blood plasma

7. What is benzoyl peroxide used for in skincare?

- A. It provides UV protection.
- B. It moisturizes the skin.
- C. It calms redness but doesn't kill bacteria.
- D. An ingredient used to dry and exfoliate; releases oxygen that helps kill bacteria.

8. Which action defines the term Treat in skincare services?

- A. Performing service customized for client's needs; involves products, tools and devices and type of protocol.
- B. Signing a waiver.
- C. Recording client's preferences.
- D. Scheduling next visit.

9. Herpes Simplex 1 is commonly known as?

- A. Fever blisters or cold sores
- B. Genital herpes
- C. Ringworm
- D. Basal cell carcinoma

10. Which type of algae is rich in vitamin C and magnesium and helps relax the body?

- A. Red Algae
- B. Green Algae
- C. Brown Algae
- D. Blue-Green Algae

Answers

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

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Explanations

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1. Which statement best describes a macula?

- A. A raised bump larger than 1 cm
- B. A crusty scab
- C. A flat discoloration appearing on the skin's surface less than 1 cm with no change in texture of the skin**
- D. A light brown patch

A macula is a flat, non-palpable color change in the skin, usually smaller than 1 cm in diameter. The statement that describes a flat discoloration on the skin's surface, less than 1 cm, with no change in texture fits exactly this definition. It highlights the key feature: color change without elevation or texture change. If you picture other lesions, an elevated bump would be a papule or plaque, not a macula. A crust or scab is a different stage of healing, not simply a color change. A light brown patch is a patch, which is a flat color change but larger than 1 cm, not a macula.

2. Which condition may require avoidance of treatment?

- A. Acne
- B. Milia
- C. Whitehead
- D. Acne Excorciee**

The main idea is that some skin conditions are contraindications to standard facial treatments because manipulating the skin can worsen the problem. Acne excoriée involves self-inflicted picking, leaving open, inflamed, and fragile skin. Any facial manipulation, extractions, or aggressive treatments can aggravate the lesions, increase inflammation, raise the risk of infection, and cause further scarring. Because the skin is already damaged and sensitive, avoidance of typical treatments is the safest approach until a medical professional has assessed and the condition stabilizes. Milias and whiteheads are common and usually managed with gentle, targeted care; acne without excoriation can often be treated with appropriate precautions. So the condition that may require avoiding treatment is acne excoriée.

3. Which algae are cyanobacteria found in natural water bodies and contain B vitamins, calcium, and protein?

- A. Blue-Green Algae**
- B. Green Algae
- C. Brown Algae
- D. Red Algae

Cyanobacteria are photosynthetic bacteria that many people call blue-green algae because they commonly appear in natural water bodies, sometimes forming visible blooms. They're associated with nutrients like B vitamins, calcium, and protein, which is why this option fits the description. The other algae types—green, brown, and red—are true algae (eukaryotic organisms) with different pigments and cellular structures, and they are not cyanobacteria, so they don't match the clue about being cyanobacteria in natural waters.

4. Which secondary lesion is a dried mass, remains of an oozing sore, possibly containing blood, pus, sebum, epithelial tissue and/or bacterial debris?

- A. Vesicle
- B. Pustule
- C. Crust**
- D. Ulcer

Crust is the dried mass that forms on the skin after an oozing sore heals. It can contain dried blood, serum, pus, epithelial debris, and sometimes bacterial debris. That drying and layering during the healing process makes it a secondary lesion. A vesicle is a small blister filled with clear fluid, not a dried residue. A pustule is a raised spot filled with pus, typically moist rather than dried. An ulcer is a deeper break in the skin with tissue loss, not a dried surface. So the dried, crust-like mass fits the description precisely.

5. Poultice is defined as what?

- A. A method of distilling essential oils
- B. A paste made by crushing herbs and hot liquid**
- C. A dried herb collection
- D. A cold infusion

A poultice is a soft, moist paste created by crushing herbs and mixing them with hot liquid, then applying the mass to the skin. The heat and moisture help release herbal constituents and promote their absorption into the tissue. This makes the paste-like preparation intended for topical use. It's different from an infusion, which is just a liquid made by steeping plants (not a spreadable paste); from a dried herb collection, which is simply the plant material without forming a paste; and from distilling essential oils, which is a process to extract volatile oils, not a topical paste.

6. Macrophages are phagocytes primarily found in which location?

- A. Lymph nodes**
- B. Dermis
- C. Epidermis
- D. Blood plasma

Macrophages act as phagocytes that patrol and filter immune threats in the lymphatic system. They reside in lymphoid tissues, especially lymph nodes, where they sample lymph draining from tissues, engulf microbes, and present antigens to lymphocytes to kick off the adaptive response. While there are macrophages in other tissues (like the dermis), and specialized dendritic cells in the epidermis, the lymph node is the primary site tied to their role in phagocytosis of pathogens carried by lymph. They are not resident in blood plasma, since they circulate as monocytes and differentiate into macrophages in tissues.

7. What is benzoyl peroxide used for in skincare?

- A. It provides UV protection.
- B. It moisturizes the skin.
- C. It calms redness but doesn't kill bacteria.
- D. An ingredient used to dry and exfoliate; releases oxygen that helps kill bacteria.**

Benzoyl peroxide works in skincare as both a drying, keratolytic agent and an antimicrobial treatment for acne. It penetrates pores and decomposes to release oxygen, which helps kill the acne-causing bacteria that thrive in low-oxygen environments. At the same time, it helps shed dead skin cells and reduce excess oil, which can block pores. This combination reduces the formation of pimples and helps prevent new ones, rather than simply moisturizing or providing sun protection. It's important to start with a lower concentration to minimize irritation and be aware it can dry the skin and may bleach fabrics.

8. Which action defines the term Treat in skincare services?

- A. Performing service customized for client's needs; involves products, tools and devices and type of protocol.**
- B. Signing a waiver.
- C. Recording client's preferences.
- D. Scheduling next visit.

The action defined as a treat is delivering a hands-on skincare service that is customized for the client's needs, using the right products, tools or devices, and following a specific protocol tailored to their skin type and concerns. This is the part of the session where the therapist applies targeted techniques and ingredients to address the client's goals, rather than handling paperwork or scheduling. Scripting a waiver, recording preferences, or scheduling the next visit are important steps in client care, but they fall into safety/legal, intake, and appointment logistics categories. They don't constitute the treatment itself, which is the personalized procedure performed during the service.

9. Herpes Simplex 1 is commonly known as?

- A. Fever blisters or cold sores**
- B. Genital herpes
- C. Ringworm
- D. Basal cell carcinoma

HSV-1 is best known for causing fever blisters or cold sores around the mouth. After the initial oral infection, the virus stays latent in nerve cells and can reactivate, leading to periodic outbreaks at the lips or face, especially with triggers like sun exposure, stress, or illness. While HSV-1 can sometimes affect the genital area, its classic association is oral herpes. The other options describe entirely different conditions—ringworm is a fungal skin infection, and basal cell carcinoma is a type of skin cancer.

10. Which type of algae is rich in vitamin C and magnesium and helps relax the body?

A. Red Algae

B. Green Algae

C. Brown Algae

D. Blue-Green Algae

Magnesium is the mineral that helps the body relax by supporting muscle and nerve function, while vitamin C provides antioxidant support. Green algae are well known for containing both vitamin C and magnesium, which makes them a good match for explaining a relaxing, nourishing effect. Species like Chlorella are typical examples of green algae with this nutrient profile, helping explain why this type fits the description best. Other algae types emphasize different minerals or nutrients (red algae with certain minerals and carrageenan, brown algae with iodine, blue-green algae with protein and B vitamins) but don't highlight both vitamin C and magnesium as prominently. So, green algae best match the idea of being rich in vitamin C and magnesium and contributing to a relaxed body.

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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:

<https://pivotpointskin106.examzify.com>

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

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