

PSI Texas State Board Nail Tech Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. What is NOT a benefit of using softeners on the fingernails?**
 - A. Softening cuticle**
 - B. Moisturizing nails**
 - C. Strengthening natural nails**
 - D. Improving flexibility**
- 2. What is the main purpose of using a foot mask in pedicure services?**
 - A. To enhance nail polish adhesion**
 - B. To moisturize and nourish the skin**
 - C. To add color to the feet**
 - D. To remove dead skin cells**
- 3. What disorder is associated with bitten nails?**
 - A. Onycholysis**
 - B. Onychophagy**
 - C. Onychomycosis**
 - D. Paronychia**
- 4. Which of the following is NOT a nail disorder condition?**
 - A. Onychomycosis**
 - B. Fungal infection**
 - C. Tubular nail**
 - D. Nail pterygium**
- 5. What procedures are not done when polishing the fingernails?**
 - A. Removing old polish**
 - B. Thick coats applied**
 - C. Applying base coat**
 - D. Using a top coat**

- 6. Which are not used to clean the toenail plate?**
- A. Alcohol wipes**
 - B. Paraffin**
 - C. Antiseptic solution**
 - D. Brushes**
- 7. How does acetone work in nail enhancement removal?**
- A. It softens the product**
 - B. It hardens the product**
 - C. It adds color**
 - D. It cleans the nails**
- 8. Which product is not needed in the application of a nail wrap?**
- A. Nail primer**
 - B. Adhesive**
 - C. A monomer**
 - D. Nail dehydrator**
- 9. Which of the following should be used to treat an allergy of the skin?**
- A. Creams**
 - B. Lotions**
 - C. Astringents**
 - D. Scrubs**
- 10. Which artificial nail products are made from Acrylonitrile Butadiene Styrene?**
- A. Acrylic nails**
 - B. Nail tips**
 - C. Silk wraps**
 - D. Gel nails**

Answers

SAMPLE

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

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Explanations

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1. What is NOT a benefit of using softeners on the fingernails?

- A. Softening cuticle
- B. Moisturizing nails
- C. Strengthening natural nails**
- D. Improving flexibility

Using softeners on fingernails primarily serves to hydrate the cuticle and surrounding skin, making them easier to manage during nail care processes, such as trimming or pushing back cuticles. They aid in moisturizing the nails and improving flexibility. However, strengthening natural nails is not a direct benefit of softeners. Softening agents do not contribute to enhancing the structural integrity of the nails themselves in the same way that strengthening treatments or specific nail hardeners do. While they can create a more pliable and healthier appearance, they do not inherently make the nails stronger. This clearly distinguishes the role of softeners as supportive in terms of care and maintenance rather than strengthening.

2. What is the main purpose of using a foot mask in pedicure services?

- A. To enhance nail polish adhesion
- B. To moisturize and nourish the skin**
- C. To add color to the feet
- D. To remove dead skin cells

The main purpose of using a foot mask in pedicure services is to moisturize and nourish the skin. Foot masks are typically formulated with hydrating ingredients that penetrate the skin's barriers, helping to replenish moisture and improve overall skin texture. They often contain beneficial elements such as oils, emollients, and vitamins that can soothe, soften, and revitalize the feet, making them an essential part of a relaxing and therapeutic pedicure experience. While enhancing nail polish adhesion, adding color, and removing dead skin cells are all important aspects of nail care and pedicure services, they do not represent the primary function of a foot mask. The focus of a foot mask is primarily on skin care, directly contributing to the health and appearance of the skin on the feet rather than directly affecting the nails or color application.

3. What disorder is associated with bitten nails?

- A. Onycholysis
- B. Onychophagy**
- C. Onychomycosis
- D. Paronychia

The disorder associated with bitten nails is known as onychophagy. This term specifically refers to the habit of biting one's nails, which can lead to various issues including infections, nail damage, and possible changes in appearance of the surrounding skin. Onychophagy is often linked to stress or anxiety, where individuals may bite their nails as a coping mechanism. Recognizing this condition is crucial for nail technicians, as it not only affects the health and aesthetics of the nails but can also inform the technician on how to provide appropriate care and advice to clients who exhibit this habit.

4. Which of the following is NOT a nail disorder condition?

- A. Onychomycosis**
- B. Fungal infection**
- C. Tubular nail**
- D. Nail pterygium**

To understand why "Tubular nail" is the correct answer as it is not considered a nail disorder condition, it's important to define what constitutes a nail disorder. Nail disorders generally relate to abnormalities or diseases that affect the nail structure, growth, or appearance. Onychomycosis is a well-known nail disorder characterized by a fungal infection that leads to thickened, discolored, and brittle nails. It is a specific condition that can cause significant changes in nail health. Fungal infection also aligns with nail disorders as it encompasses various types of fungal afflictions that can infect the nails, much like onychomycosis. Nail pterygium is another condition that affects the nails, characterized by the abnormal adherence of the skin to the nail plate, disrupting normal growth and appearance. This condition is indeed recognized as a nail disorder. In contrast, "Tubular nail" describes a structural shape of the nail rather than a pathological condition that causes disease or disorder. While tubular nails can indicate a specific growth pattern, it is not classified as a disorder like the others listed, which are associated with infections or abnormal growth processes. Thus, the identification of "Tubular nail" as not being a nail disorder is accurate based on these definitions.

5. What procedures are not done when polishing the fingernails?

- A. Removing old polish**
- B. Thick coats applied**
- C. Applying base coat**
- D. Using a top coat**

When polishing fingernails, applying thick coats is not a recommended procedure. The primary goal of polishing is to achieve a smooth and even finish, which is better accomplished with thin, even layers of polish. Thick coats can lead to a variety of issues, including uneven drying, a longer drying time, and a risk of smudging or chipping. Moreover, if the polish is too thick, it may not adhere properly to the nail surface, ultimately compromising the longevity and appearance of the manicure. In contrast, removing old polish, applying a base coat, and using a top coat are essential steps in the polishing process. Removing old polish ensures that the nail surface is clean and free of residue, which allows the new polish to adhere properly. The base coat prepares the nail and provides a barrier that can enhance the polish's adherence and protect the nail from potential staining. Lastly, a top coat seals the polish, adds shine, and increases the manicure's durability, making these procedures integral to effective nail polishing.

6. Which are not used to clean the toenail plate?

- A. Alcohol wipes**
- B. Paraffin**
- C. Antiseptic solution**
- D. Brushes**

The toenail plate requires specific cleaning agents to ensure it is free from debris and contaminants, which can help prevent infections and prepare it for further nail services. Paraffin is a wax-like substance primarily used for moisturizing dry skin and is often used in spa treatments for hands and feet. However, it does not serve a cleaning purpose for the toenail plate. In contrast, alcohol wipes, antiseptic solutions, and brushes are practical cleaning tools. Alcohol wipes are effective for disinfecting the surface of the toenail and removing oils and dirt. Antiseptic solutions are formulated to kill bacteria and prevent infections on the skin and nail areas. Brushes are used to gently scrub the toenail plate and underlying skin, ensuring cleanliness before any procedures or applications. Thus, the option indicating paraffin is not used for cleaning the toenail plate is accurate, as paraffin serves a different function in nail and skin care.

7. How does acetone work in nail enhancement removal?

- A. It softens the product**
- B. It hardens the product**
- C. It adds color**
- D. It cleans the nails**

Acetone works effectively in nail enhancement removal primarily because it softens the product, making it easier to remove. When acetone comes into contact with nail enhancements such as acrylics or gels, it penetrates the layers of the product and disrupts their structural integrity. This softening effect allows the enhancements to be gently scraped off or wiped away without causing damage to the natural nail underneath. The molecular structure of acetone enables it to dissolve the compounds found in these nail products, which is why it is so commonly used in salons for nail removal. This property is essential for maintaining the health of the natural nails while ensuring that the enhancement materials can be efficiently removed without excessive filing or harsh scrubbing. Other options like hardening the product, adding color, or cleaning the nails do not apply to the role of acetone in nail enhancement removal, as acetone is specifically designed to soften and dissolve rather than manipulate the product in other ways.

8. Which product is not needed in the application of a nail wrap?

- A. Nail primer**
- B. Adhesive**
- C. A monomer**
- D. Nail dehydrator**

In the context of nail wraps, the use of a monomer is not necessary. Nail wraps are typically adhered to the natural nail using adhesive, which allows the wrap to stay in place and provides a solid foundation. Nail primer is sometimes used to enhance the bond between the natural nail and the wrap, while a nail dehydrator prepares the nail surface by removing moisture and oils, ensuring better adhesion. The monomer, commonly associated with acrylic systems and used to create a chemical bond in polymerization, does not apply to the process of applying nail wraps, which rely on adhesive rather than a chemical bonding process. Thus, the correct choice highlights the absence of a monomer in the application of nail wraps.

9. Which of the following should be used to treat an allergy of the skin?

- A. Creams**
- B. Lotions**
- C. Astringents**
- D. Scrubs**

Using lotions to treat skin allergies is appropriate because they are formulated to provide hydration and can be gentle enough for sensitive skin. Lotions often contain soothing ingredients that help to calm irritated skin and can provide a barrier to protect it from further irritation. They are typically less thick than creams, allowing for easier application over larger areas while still being moisturizing. Creams, while also beneficial for dry skin, can be heavier and may not be as suitable for certain allergic reactions depending on their formulation. Astringents, on the other hand, are designed to cleanse and tighten the skin, which may exacerbate allergic reactions rather than soothe them. Scrubs, which are exfoliating agents, might irritate already sensitive or inflamed skin and are not suitable for treating allergies. Thus, lotions represent the best choice due to their balance of hydration and gentle application suitable for allergic reactions.

10. Which artificial nail products are made from Acrylonitrile Butadiene Styrene?

- A. Acrylic nails**
- B. Nail tips**
- C. Silk wraps**
- D. Gel nails**

Nail tips are made from Acrylonitrile Butadiene Styrene (ABS), which is a type of thermoplastic polymer known for its strength and flexibility. This material is commonly used in the production of artificial nails because it can be molded into various shapes and provides a strong foundation for nail enhancements. Nail tips made from ABS are lightweight and durable, making them a popular choice among nail technicians for creating a base onto which other products, such as acrylics or gels, can be applied. While acrylic nails, silk wraps, and gel nails are popular artificial nail products, they are not made from Acrylonitrile Butadiene Styrene. Acrylic nails typically consist of a mixture of acrylic powder and liquid monomer, while gel nails are created using a different formulation of photopolymers that cure under UV or LED light. Silk wraps use thin layers of silk fibers that are bonded with a resin, neither of which utilizes ABS as a primary material. Therefore, the option highlighting nail tips aligns correctly with the use of Acrylonitrile Butadiene Styrene in artificial nail products.