

# Tennessee Esthetician Practice Exam (Sample)

## Study Guide



Everything you need from our exam experts!

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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. How many common amino acids are there?
  - A. 18
  - B. 20
  - C. 22
  - D. 24
  
2. What is the effect of increased activity of melanocytes in the skin?
  - A. Causes skin peeling
  - B. Decreases skin oiliness
  - C. Leads to darker skin
  - D. Reduces risk of skin cancer
  
3. How long should a facial massage be performed during a facial?
  - A. 5-10 minutes
  - B. 10-15 minutes
  - C. 15-20 minutes
  - D. 20-25 minutes
  
4. What type of cleanser is known to grow the most bacteria?
  - A. Liquid soap
  - B. Foaming cleanser
  - C. Bar soap
  - D. Cleansing wipes
  
5. Which type of wax works by heating up the hair follicle?
  - A. Soft wax
  - B. Gel wax
  - C. Hard wax
  - D. No strip wax

6. What is a contraindication for using galvanic treatment?
- A. Dry skin
  - B. Active acne
  - C. Pregnancy
  - D. Oily skin
7. What is the penalty for late renewal of a cosmetology or esthetician license?
- A. \$10
  - B. \$20
  - C. \$25
  - D. \$30
8. How long does a licensee have to notify the board of a change of address?
- A. 10 days
  - B. 30 days
  - C. 60 days
  - D. 90 days
9. In which phase of hair growth does the hair detach?
- A. Anagen
  - B. Telogen
  - C. Catagen
  - D. Exogen
10. Which of the following is not a characteristic of an effective disinfectant?
- A. Esthetic appeal
  - B. Viricidal
  - C. Bactericidal
  - D. Fungicidal

## Answers

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

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## Explanations

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1. How many common amino acids are there?

- A. 18
- B. 20
- C. 22
- D. 24

The correct answer is 20, as there are 20 standard amino acids that are commonly found in proteins. These amino acids serve as the building blocks of proteins and play crucial roles in various biological processes. Each of these amino acids has a specific side chain or R group that distinguishes it from the others, determining its properties and function. Amino acids are categorized into essential and non-essential groups, with essential amino acids being those that the body cannot synthesize and thus must be obtained from the diet. The standard 20 amino acids are critical for protein synthesis and are encoded by the genetic code. While there are other amino acids that exist and may have biological significance, such as non-standard amino acids, the commonality pertains specifically to these 20 that are universally recognized in the genetic code.

2. What is the effect of increased activity of melanocytes in the skin?

- A. Causes skin peeling
- B. Decreases skin oiliness
- C. Leads to darker skin
- D. Reduces risk of skin cancer

Increased activity of melanocytes in the skin leads to a higher production of melanin, which is the pigment responsible for giving skin its color. When melanocytes are more active, they produce more melanin, resulting in a darker skin tone. This process is often a natural response to sun exposure, as the body attempts to protect deeper layers of skin from ultraviolet (UV) radiation by increasing pigment production. This mechanism is vital in the body's defense against potential skin damage and is a key factor in determining the overall skin color of an individual.

3. How long should a facial massage be performed during a facial?

- A. 5-10 minutes
- B. 10-15 minutes
- C. 15-20 minutes
- D. 20-25 minutes

A facial massage during a facial treatment typically lasts between 10 to 15 minutes. This duration is optimal for promoting relaxation, enhancing circulation, and allowing products used during the facial to penetrate deeper into the skin for better results. A massage that is too short may not provide sufficient benefit, while a longer massage could lead to client fatigue or discomfort, especially if the pressure and techniques used are not appropriate for the client's needs. Hence, 10 to 15 minutes strikes the right balance between effectiveness and comfort during facial treatments.

4. What type of cleanser is known to grow the most bacteria?

- A. Liquid soap
- B. Foaming cleanser
- C. Bar soap
- D. Cleansing wipes

Bar soap is known to grow the most bacteria primarily due to its method of use and the environment in which it is often stored. Unlike liquid soaps that are dispensed in a pump mechanism that minimizes contact with air and bacteria, bar soap is typically left exposed to moisture and germs in a wet soap dish or bathroom sink. This moist environment creates an ideal breeding ground for bacteria, as it allows microorganisms to thrive. Additionally, when people use bar soap, they often touch the bar multiple times, transferring bacteria from their hands onto soap. Over time, if not properly maintained, the surface of bar soap can become covered with a layer of bacteria and other microorganisms. This is in contrast with other types of cleansers, such as liquid soap, which generally have preservatives that inhibit bacterial growth, foaming cleansers that are usually dispensed in a way that limits exposure, and cleansing wipes that are pre-packaged and designed to stay sanitary until they are used.

5. Which type of wax works by heating up the hair follicle?

- A. Soft wax
- B. Gel wax
- C. Hard wax
- D. No strip wax

The type of wax that works by heating up the hair follicle is hard wax. This wax is applied in a thicker layer and, upon cooling, adheres firmly to the hair, allowing for effective removal from the root. Hard wax shrinks around the hairs as it cools, making it less painful to remove and more effective on coarse or shorter hairs due to its ability to grip the hair follicle tightly. When heated, hard wax transforms to a pliable state that allows for easier application. The heating process opens up the hair follicles, making it easier to pull the hair out when the wax is removed. This method not only helps in achieving a smoother finish but also reduces the risk of irritation compared to other methods. In contrast, soft wax is typically used with a strip to remove hair and does not effectively heat the follicle in the same manner. Gel wax operates similarly to soft wax but has a different composition that does not target the hair follicle as effectively. No strip wax is another name for hard wax, but it typically refers to how the wax is removed rather than its action on the hair follicle.

6. What is a contraindication for using galvanic treatment?

- A. Dry skin
- B. Active acne
- C. Pregnancy
- D. Oily skin

Galvanic treatment utilizes direct current to facilitate iontophoresis, where solutes are driven into the skin. It's an effective method for various skin concerns but does present certain contraindications that must be carefully considered to ensure safety and efficacy. Pregnancy is a contraindication for using galvanic treatment because the effects of electrical currents on a developing fetus are not well understood, and it is prudent to avoid any procedures that might pose potential risks. During pregnancy, hormonal changes also alter skin sensitivity and reactions, further complicating the treatment's outcome. Therefore, to prioritize the safety of both the client and the unborn child, galvanic treatments are advised against in pregnant individuals. In contrast, dry skin, active acne, and oily skin may not prohibit the use of galvanic treatment, though they might require adjustments in techniques or product selection. Active acne should be approached with caution, yet it does not inherently rule out the use of galvanic treatment, as some practitioners may still use it to enhance product penetration and promote healing, conducting the treatment in a way that avoids worsening the condition.

7. What is the penalty for late renewal of a cosmetology or esthetician license?

- A. \$10
- B. \$20
- C. \$25
- D. \$30

The penalty for late renewal of a cosmetology or esthetician license is typically set at \$25. When licenses are not renewed within the specified time frame, a late penalty is enforced to encourage timely renewals and to uphold the standards of professional practice. This fee serves as a reminder of the importance of maintaining valid licensure, which is essential for ensuring that providers are compliant with state regulations and able to deliver safe and effective services to clients. The other amounts listed do not reflect the correct penalty set forth by the state regulations for late renewal, reinforcing the significance of being aware of timely license maintenance in the esthetics field.

8. How long does a licensee have to notify the board of a change of address?

- A. 10 days
- B. 30 days
- C. 60 days
- D. 90 days

A licensee is required to notify the board of a change of address within 30 days. This timeframe is established to ensure that communication between the licensee and the board is maintained without interruption. Timely updates to contact information are crucial, as the board must be able to reach a licensee for matters related to licensing status, renewals, or any disciplinary actions. This regulation supports both the licensee's responsibility for staying informed and the board's oversight and management of licensed professionals. Adhering to this requirement helps maintain professionalism within the esthetics field while allowing regulatory bodies to efficiently communicate important information.

9. In which phase of hair growth does the hair detach?

- A. Anagen
- B. Telogen
- C. Catagen
- D. Exogen

The phase of hair growth during which the hair detaches is known as the exogen phase. In this phase, the hair follicle is preparing to shed the mature hair. This is a crucial part of the hair growth cycle as it allows for new hair to emerge. To elaborate, during the anagen phase, hair is actively growing and is not detached. In the catagen phase, the hair transitions and begins to retract, but the hair is still anchored to the follicle. Lastly, while the telogen phase involves the hair being in a resting state prior to shedding, it is the subsequent exogen phase that specifically mentions the detachment of the hair from the follicle, signaling the end of that hair's life cycle. Understanding these phases helps comprehend the natural processes hair goes through.

10. Which of the following is not a characteristic of an effective disinfectant?

- A. Esthetic appeal
- B. Viricidal
- C. Bactericidal
- D. Fungicidal

An effective disinfectant is primarily characterized by its ability to destroy various types of pathogens, including viruses, bacteria, and fungi. The terms viricidal, bactericidal, and fungicidal refer to the disinfectant's effectiveness against specific organisms: viricidal agents destroy viruses, bactericidal agents eliminate bacteria, and fungicidal agents eradicate fungi. Esthetic appeal, while it might be a consideration in terms of branding or marketing, does not affect a disinfectant's functional properties. Disinfectants must prioritize their efficacy and safety over appearance; therefore, having an appealing appearance does not contribute to their effectiveness as a disinfectant. This means that while it could be beneficial for aesthetic reasons, it is not a necessary characteristic for a disinfectant to be deemed effective.

## 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:

<https://tneesthetician.examzify.com>

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

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