

Texas Esthetician License Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. What type of sunscreen offers protection against both UVA and UVB rays?**
 - A. Broad-spectrum sunscreen**
 - B. Water-resistant sunscreen**
 - C. Physical sunscreen**
 - D. Chemical sunscreen**
- 2. Name one effective treatment for rosacea.**
 - A. Laser therapy.**
 - B. Topical or oral antibiotics.**
 - C. Chemical peels.**
 - D. Microneedling.**
- 3. What is one benefit of vitamin C in skin care?**
 - A. It eliminates all skin blemishes**
 - B. It brightens the skin and reduces the appearance of dark spots**
 - C. It completely hydrates the skin**
 - D. It protects against all sun damage**
- 4. What does microdermabrasion do?**
 - A. It hydrates the skin**
 - B. It exfoliates the outer layer of dead skin cells**
 - C. It tightens the skin**
 - D. It removes impurities from the skin**
- 5. What skin type is identified by fragile, thin skin and redness?**
 - A. Normal**
 - B. Oily**
 - C. Sensitive**
 - D. Dry**

- 6. What helps to enhance your professional image?**
- A. Practicing Confidentiality**
 - B. Wearing Bright Colors**
 - C. Engaging in Gossip**
 - D. Using Heavy Perfume**
- 7. During a facial, which body parts are typically left bare?**
- A. Arms and legs**
 - B. Face and neck**
 - C. Neck and shoulders**
 - D. Feet and back**
- 8. What is an example of a single-use item in an esthetician setting?**
- A. Facial steamer**
 - B. Finger cots**
 - C. Massage table**
 - D. Facial mask**
- 9. How often should clients ideally schedule facial services?**
- A. Every week**
 - B. Once a month**
 - C. Every three months**
 - D. Twice a year**
- 10. What is a characteristic of healthy skin?**
- A. High alkalinity**
 - B. Very dry**
 - C. Slightly acidic**
 - D. Extremely oily**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What type of sunscreen offers protection against both UVA and UVB rays?

- A. Broad-spectrum sunscreen**
- B. Water-resistant sunscreen**
- C. Physical sunscreen**
- D. Chemical sunscreen**

The type of sunscreen that offers protection against both UVA and UVB rays is broad-spectrum sunscreen. This designation means that the product has been formulated to protect the skin from the harmful effects of both types of ultraviolet radiation. UVA rays are primarily responsible for skin aging and long-term skin damage, while UVB rays are primarily responsible for sunburn and can contribute to skin cancer. Broad-spectrum sunscreens contain active ingredients that can absorb or reflect these rays, providing comprehensive protection which is crucial for maintaining skin health and preventing conditions like premature aging and skin cancer. Other options such as water-resistant sunscreen refer to the product's ability to offer protection while swimming or sweating, but do not specifically indicate its coverage against either UV type. Physical and chemical sunscreens refer to the formulations that either physically block the rays or chemically absorb them, but not all of these products may be broad-spectrum. Thus, broad-spectrum is the most accurate term to describe a sunscreen that provides protection against both UVA and UVB radiation.

2. Name one effective treatment for rosacea.

- A. Laser therapy.**
- B. Topical or oral antibiotics.**
- C. Chemical peels.**
- D. Microneedling.**

Topical or oral antibiotics are considered one of the effective treatments for rosacea due to their ability to reduce inflammation and manage the bacterium that can contribute to the condition. In cases of rosacea, especially when papules and pustules are present, antibiotics such as doxycycline or metronidazole can significantly help in decreasing the redness and irritation associated with this skin disorder. They work by targeting the inflammatory processes within the skin, often leading to improvement in the skin's appearance and a reduction in flare-ups. While laser therapy, chemical peels, and microneedling can be beneficial for certain aspects of skin health or other conditions, they are not typically the first line of treatment for rosacea. Laser therapy mainly targets vascular lesions and may help minimize redness over time, but it's often recommended as a secondary option after more conservative treatments like antibiotics. Chemical peels can irritate the skin and potentially exacerbate rosacea symptoms. Microneedling, while effective for improving skin texture and appearance, may also pose risks for rosacea patients due to the possibility of inflammation and worsening of symptoms. Thus, antibiotics are a foundational method for effectively managing and treating rosacea.

3. What is one benefit of vitamin C in skin care?

- A. It eliminates all skin blemishes
- B. It brightens the skin and reduces the appearance of dark spots**
- C. It completely hydrates the skin
- D. It protects against all sun damage

Vitamin C is renowned in skin care for its ability to brighten the skin and reduce the appearance of dark spots. This is primarily due to its role in inhibiting melanin production, which is responsible for pigmentation. When applied topically, vitamin C can help even out skin tone, giving the complexion a brighter, more radiant appearance. Additionally, it acts as a powerful antioxidant, protecting the skin from damage caused by free radicals and environmental stressors. While it does provide some level of protection against UV damage, it does not offer complete protection, which makes the assertion that it protects against all sun damage inaccurate. Similarly, while vitamin C can contribute to skin hydration, it does not completely hydrate the skin on its own. It is effective at brightening skin tone but not eliminating all blemishes, as skin conditions can be complex and require various treatments. Thus, the recognition of vitamin C's specific benefits in brightening the skin and addressing dark spots is well-founded and highlights its importance in a skin care regimen.

4. What does microdermabrasion do?

- A. It hydrates the skin
- B. It exfoliates the outer layer of dead skin cells**
- C. It tightens the skin
- D. It removes impurities from the skin

Microdermabrasion is a cosmetic procedure that specifically targets the outer layer of dead skin cells, effectively exfoliating the skin's surface. This process helps to renew the skin's appearance by removing the dull, lifeless layer that can accumulate over time due to environmental factors, aging, and other skin conditions. The procedure usually involves a device that sprays fine crystals onto the skin or uses a diamond-tipped wand to achieve this effect, promoting a smoother, more radiant complexion. While hydration, skin tightening, and impurity removal are important aspects of skin care, they are not the primary functions of microdermabrasion. Hydration is typically addressed through the use of moisturizers or hydrating treatments. Skin tightening can involve different techniques or treatments, such as laser therapy or specific injections. The removal of impurities is often tackled through cleansing or detoxifying treatments, rather than through exfoliation alone. Therefore, the unique characteristic of microdermabrasion lies in its ability to exfoliate and rejuvenate the skin by sloughing off dead skin cells, making it an effective treatment for improving skin texture and appearance.

5. What skin type is identified by fragile, thin skin and redness?

- A. Normal**
- B. Oily**
- C. Sensitive**
- D. Dry**

The skin type characterized by fragile, thin skin and redness is identified as sensitive skin. Sensitive skin tends to react more easily to environmental factors and products, leading to symptoms such as redness, itching, and irritation. This fragility often results from a compromised skin barrier, making it more vulnerable to external triggers, including climate changes, harsh skincare products, and certain ingredients that may be irritating. In contrast, normal skin is typically well-balanced, exhibiting neither excessive oiliness nor dryness, and does not show the same signs of fragility or redness. Oily skin is characterized by an excess of sebum production, leading to a shiny appearance and larger pores, but it does not necessarily present with fragile or thin skin. Dry skin, while it may appear thin in some cases, is usually associated with flakiness or rough texture rather than the redness and sensitivity that is prominent in sensitive skin. Therefore, the identification of sensitive skin as the correct answer aligns well with the described characteristics.

6. What helps to enhance your professional image?

- A. Practicing Confidentiality**
- B. Wearing Bright Colors**
- C. Engaging in Gossip**
- D. Using Heavy Perfume**

Practicing confidentiality is fundamental in enhancing a professional image, especially in fields such as esthetics, where client trust and privacy are paramount. By consistently safeguarding client information, an esthetician demonstrates respect for their clients and a commitment to ethical practices. This builds strong relationships and encourages clients to return, knowing that their personal information is secure. Confidentiality also reflects an understanding of industry standards and legal obligations, further solidifying an esthetician's reputation as a professional. Clients are more likely to recommend professionals who treat their private matters with care and consideration, which directly impacts the growth and success of the esthetician's practice. In contrast, wearing bright colors, engaging in gossip, or using heavy perfume may not contribute positively to a professional image. While personal style is important, it should not overshadow the essential qualities of integrity and professionalism that confidentiality embodies.

7. During a facial, which body parts are typically left bare?

- A. Arms and legs**
- B. Face and neck**
- C. Neck and shoulders**
- D. Feet and back**

During a facial, the areas that are typically left bare are the face and neck. This practice allows the esthetician to focus on cleansing, treating, and moisturizing the skin in these areas, which are the primary focus during facial treatments. The face and neck often require the most attention due to their exposure to environmental factors, and they are areas where clients typically seek the most rejuvenation and care. Leaving the face and neck bare allows for better product application and absorption, contributing to the overall effectiveness of the facial treatment. Other body parts like the arms, legs, feet, or back may not require the same level of focus during a facial, as they are not the primary areas of concern for most esthetic services. Therefore, the facial includes specific attention to the face and neck, making it essential to keep these areas exposed to maximize the benefits of the treatment.

8. What is an example of a single-use item in an esthetician setting?

- A. Facial steamer**
- B. Finger cots**
- C. Massage table**
- D. Facial mask**

Finger cots are considered a single-use item in an esthetician setting because they are designed to be used once and then discarded to ensure hygiene and prevent cross-contamination between clients. They provide a barrier when estheticians are performing treatments, particularly those that may involve touching sensitive areas of the skin or when applying products. In contrast, items like facial steamers, massage tables, and facial masks can typically be reused or cleaned and sanitized between clients. While a facial mask can sometimes be single-use, in many contexts, certain types are designed for multiple uses after proper cleaning or are applied in a controlled manner to many clients. However, finger cots are characterized by their intended single-use purpose, making them the correct example in this instance.

9. How often should clients ideally schedule facial services?

- A. Every week
- B. Once a month**
- C. Every three months
- D. Twice a year

Scheduling facial services once a month is often recommended for most clients to achieve optimal skin health and maintenance. This frequency allows for skin to go through its natural renewal cycle, which typically takes about 28 days. Monthly facials provide consistent treatment that can help to manage specific skin concerns, promote hydration, and improve overall skin appearance and texture. In addition to the benefits of regular treatments, monthly facials also offer an opportunity to adjust skincare regimens based on the client's changing skin condition and seasonal factors. For clients with specific issues such as acne or severe dryness, more frequent visits may be beneficial initially, but for general maintenance and to achieve a healthy glow, once a month is typically ideal. This approach helps estheticians provide personalized advice and modifications for at-home skincare, ensuring that clients receive the full benefits of both in-clinic and at-home care.

10. What is a characteristic of healthy skin?

- A. High alkalinity
- B. Very dry
- C. Slightly acidic**
- D. Extremely oily

Healthy skin typically has a slightly acidic pH, which is crucial for maintaining the skin's barrier function and overall health. This mildly acidic environment helps to inhibit the growth of harmful bacteria and fungi, while also allowing beneficial microorganisms to thrive. The natural acidity of the skin is usually in the range of 4.5 to 5.5, which supports the function of enzymes that help with skin cell turnover and the maintenance of moisture levels. High alkalinity can disrupt this balance and lead to various skin issues, such as increased susceptibility to infections or irritation. Very dry skin indicates a lack of moisture, which can compromise the skin's barrier function, leading to more serious conditions. Meanwhile, extremely oily skin can signal overproduction of sebum, which may also lead to acne and other complications. Therefore, the characteristic of healthy skin being slightly acidic is vital for its protective and functional properties.