

# Texas Esthetician License Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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**SAMPLE**

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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

- 1. What is a common ingredient used for treating hyperpigmentation?**
  - A. Niacinamide**
  - B. Hydroquinone**
  - C. Retinol**
  - D. Aloe Vera**
- 2. What is the most common way that communicable diseases spread?**
  - A. Airborne droplets**
  - B. Surface contact**
  - C. Dirty hands**
  - D. Insect bites**
- 3. What is one of the benefits of using antioxidants in skin care?**
  - A. They enhance pigmentation**
  - B. They promote cell repair**
  - C. They strip the skin of oils**
  - D. They cause skin tightening**
- 4. Who holds the tube electrode with the indirect method of application for high-frequency current?**
  - A. The esthetician**
  - B. The client**
  - C. The technician**
  - D. Another assistant**
- 5. What is NOT a step that can be omitted when performing a mini-facial?**
  - A. Moisturizing**
  - B. Deep cleansing**
  - C. Skin analysis**
  - D. Exfoliation**

- 6. What is a benefit of facial treatments?**
- A. They make skin production faster**
  - B. They reduce the need for moisturizing**
  - C. They slow down premature aging**
  - D. They prevent all skin diseases**
- 7. How often should exfoliation be performed in a skincare routine?**
- A. Daily**
  - B. Once a month**
  - C. 1-3 times per week**
  - D. Twice a day**
- 8. What should you do to help keep the workplace healthy and looking its best?**
- A. Clean fans and humidifiers at least once a week**
  - B. Dust all surfaces daily**
  - C. Change air filters every month**
  - D. Sanitize tools after every use**
- 9. What is NOT a benefit of LED treatments?**
- A. Improves skin texture**
  - B. Decreases wrinkles**
  - C. Shrink melanomas**
  - D. Enhances collagen production**
- 10. What factor can significantly affect the results of skincare treatments?**
- A. Skin type and condition**
  - B. Color of the skincare product**
  - C. The packaging of the product**
  - D. Brands associated with treatments**



## **Answers**

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

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## **Explanations**

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**1. What is a common ingredient used for treating hyperpigmentation?**

- A. Niacinamide**
- B. Hydroquinone**
- C. Retinol**
- D. Aloe Vera**

Hydroquinone is a common ingredient used specifically to treat hyperpigmentation due to its ability to inhibit melanin production in the skin. Melanin is the pigment responsible for discoloration, and by reducing its formation, hydroquinone helps to lighten dark spots and even skin tone effectively. It is often prescribed for use in targeted areas of hyperpigmentation and is known for delivering noticeable results over time when used consistently. While other options like niacinamide, retinol, and aloe vera have skin benefits, they do not directly target hyperpigmentation in the same manner as hydroquinone. Niacinamide can help improve overall skin tone and texture, and retinol can support cell turnover which might help fade pigmentation, but neither is as potent specifically for hyperpigmentation as hydroquinone. Aloe vera is primarily known for its soothing properties and is not considered a treatment for hyperpigmentation. Therefore, hydroquinone is identified as the primary ingredient for specifically addressing hyperpigmentation issues.

**2. What is the most common way that communicable diseases spread?**

- A. Airborne droplets**
- B. Surface contact**
- C. Dirty hands**
- D. Insect bites**

The most common way that communicable diseases spread is through dirty hands. Many pathogens, including bacteria and viruses, can be transmitted when an individual touches surfaces contaminated with these organisms and then touches their face, mouth, or eyes. This is particularly true for diseases that involve gastrointestinal pathogens and respiratory viruses. Maintaining proper hand hygiene, such as regular hand washing and using hand sanitizers, is crucial in preventing the spread of infections. While airborne droplets, surface contact, and insect bites can also be routes of transmission for certain diseases, the widespread occurrence of illness linked to direct hand-to-mouth contact underscores the significant role that dirty hands play in the transmission of communicable diseases. This highlights the importance of hygiene protocols in various settings, especially in environments like healthcare or food service.

**3. What is one of the benefits of using antioxidants in skin care?**

- A. They enhance pigmentation**
- B. They promote cell repair**
- C. They strip the skin of oils**
- D. They cause skin tightening**

One of the significant benefits of using antioxidants in skin care is their ability to promote cell repair. Antioxidants are compounds that help neutralize free radicals, which are unstable molecules that can cause oxidative stress and damage cells. By reducing oxidative stress, antioxidants play a crucial role in maintaining the integrity of the skin, helping to repair and regenerate cells. This process is vital for the overall health and appearance of the skin. It can lead to a reduction in signs of aging, such as fine lines, wrinkles, and uneven skin tone. Antioxidants also support the skin's defense mechanisms against environmental aggressors like pollution and UV radiation, further aiding in cell repair and promoting a healthier complexion. In contrast, enhancing pigmentation, stripping the skin of oils, or causing skin tightening do not fall within the typical benefits of antioxidants. Enhancing pigmentation could lead to issues such as hyperpigmentation, while stripping the skin of oils may result in dryness and irritation, which is generally undesirable in skin care. Skin tightening is typically associated with treatments that stimulate collagen production rather than with antioxidant usage.

**4. Who holds the tube electrode with the indirect method of application for high-frequency current?**

- A. The esthetician**
- B. The client**
- C. The technician**
- D. Another assistant**

In the indirect method of applying high-frequency current, the client is the one who holds the tube electrode. This technique typically involves a glass or metal electrode filled with gas, which when applied to the skin, emits a high-frequency current. Having the client hold the electrode allows for a more direct treatment, facilitating a better flow of electrical current through their body. This method tends to enhance the therapeutic effects because the client's own skin and tissues can effectively interact with the high-frequency waves, promoting a variety of skin benefits such as improved circulation, increased metabolism, and enhanced absorption of topical products. The esthetician or technician will guide the client on how to hold the electrode properly, ensuring safety and effectiveness during the treatment session. Therefore, the responsibility of holding the electrode falls onto the client, who actively participates in the treatment process.

**5. What is NOT a step that can be omitted when performing a mini-facial?**

- A. Moisturizing**
- B. Deep cleansing**
- C. Skin analysis**
- D. Exfoliation**

Deep cleansing is a fundamental step in any facial treatment, including mini-facials. The purpose of deep cleansing is to remove dirt, oil, and impurities from the skin, which prepares the skin for further treatments and enhances the efficacy of the products applied afterwards. Omitting this step can lead to issues such as clogged pores and reduced overall effectiveness of the facial, making it essential for maintaining skin health. The other steps listed, such as moisturization, skin analysis, and exfoliation, while important, can be adjusted or simplified in a mini-facial context. Depending on the consumer's skin type, specific concerns, and the overall objective of the treatment, a practitioner might choose to omit or offer less intensive versions of these steps. However, deep cleansing remains a non-negotiable step to ensure the skin is properly prepared for any other treatments.

**6. What is a benefit of facial treatments?**

- A. They make skin production faster**
- B. They reduce the need for moisturizing**
- C. They slow down premature aging**
- D. They prevent all skin diseases**

Facial treatments provide a variety of benefits for the skin, one of which is their ability to slow down premature aging. This occurs through the various techniques and products used during the treatment, such as exfoliation, hydration, and the application of soothing masks that contain anti-aging ingredients. These treatments help to improve skin texture and elasticity, promote increased collagen production, and enhance blood circulation, all of which contribute to a more youthful appearance. In contrast to the correct answer, some other benefits mentioned in the options do not align with the overarching goals of facial treatments. While they may contribute to skin health, facial treatments do not inherently make skin production faster or reduce the need for moisturizing. Additionally, while facials can improve skin health, they cannot completely prevent all skin diseases, as many factors influence the development of such conditions outside of the effects of a facial treatment.

**7. How often should exfoliation be performed in a skincare routine?**

- A. Daily**
- B. Once a month**
- C. 1-3 times per week**
- D. Twice a day**

Exfoliation is an important part of a skincare routine as it helps to remove dead skin cells, promote cell turnover, and improve skin texture and overall appearance. Performing exfoliation 1-3 times per week strikes a balance that allows for effective skin rejuvenation without causing irritation. Exfoliating too frequently, such as daily or twice a day, can lead to over-exfoliation, which may compromise the skin's barrier, resulting in irritation, redness, or increased sensitivity. On the other hand, exfoliating only once a month may not provide enough benefit to see significant improvements in skin texture. Therefore, the recommendation of 1-3 times per week is considered optimal for maintaining a healthy and radiant complexion, allowing the skin to rejuvenate and recover between exfoliation sessions while still benefitting from the process.

**8. What should you do to help keep the workplace healthy and looking its best?**

- A. Clean fans and humidifiers at least once a week**
- B. Dust all surfaces daily**
- C. Change air filters every month**
- D. Sanitize tools after every use**

Maintaining a healthy and aesthetically pleasing workplace is crucial in the esthetics industry, where cleanliness and hygiene are paramount. Regularly cleaning fans and humidifiers plays a significant role in ensuring proper air quality and preventing the buildup of dust and allergens. This practice helps to ensure that the air remains free from contaminants that could negatively affect both clients and staff. Moreover, fans and humidifiers can harbor bacteria and mold if they are not maintained properly, which could lead to respiratory issues or an unwelcoming environment. Therefore, keeping these appliances clean contributes not only to the overall appearance of the workplace but also promotes a healthier atmosphere by ensuring that the air being circulated is clean and free from potential pollutants. Though frequent dusting of surfaces, changing air filters, and sanitizing tools are all important practices for maintaining hygiene and cleanliness in the workplace, the focus here is on the specific action of cleaning fans and humidifiers, highlighting its significance in maintaining both health standards and a visually appealing environment.

## 9. What is NOT a benefit of LED treatments?

- A. Improves skin texture
- B. Decreases wrinkles
- C. Shrink melanomas**
- D. Enhances collagen production

The treatment of LED (Light Emitting Diode) therapy is recognized for its ability to enhance various aspects of skin health, such as improving skin texture, decreasing the appearance of wrinkles, and promoting collagen production. These benefits arise from different wavelengths of light targeting various skin concerns. LED treatments have established efficacy in anti-aging and rejuvenation by stimulating cellular activity, improving circulation, and accelerating healing processes. However, when it comes to the aspect of "shrink melanomas," it is important to understand that while LED light therapy can be beneficial for various skin conditions and issues, it is not a treatment designed to shrink or eliminate melanomas, which are serious forms of skin cancer. Instead, melanomas require specialized medical treatment from a healthcare provider. Therefore, the implication that LED treatments could shrink melanomas is not a recognized benefit and underlines the importance of clarifying the intended uses and limitations of LED therapy.

## 10. What factor can significantly affect the results of skincare treatments?

- A. Skin type and condition**
- B. Color of the skincare product
- C. The packaging of the product
- D. Brands associated with treatments

Skin type and condition play a critical role in determining the effectiveness of skincare treatments. Each individual has a unique skin profile, which includes factors such as oiliness, dryness, sensitivity, and specific conditions like acne, rosacea, or eczema. These characteristics influence how the skin responds to various ingredients and treatments. For instance, a product that is highly effective for oily skin may not produce the same results on dry or sensitive skin. Similarly, a treatment designed to target acne may not be suitable for someone with rosacea, as the skin's response could worsen the condition. By tailoring treatments to the specific needs and conditions of a client's skin, estheticians can achieve the best possible results and address underlying issues more effectively. While the color of the skincare product, its packaging, and the brand may have some marketing or psychological effects on consumer choice and perception, they do not impact the physiological response of the skin to the treatment in the same way that skin type and condition do. Understanding and assessing these factors allows estheticians to create personalized skincare regimens and recommendations for their clients.



## 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://texasestheticianlicense.examzify.com>**

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