Washington Esthetician State Board Practice Exam (Sample)

Study Guide

BY EXAMZIFY

Everything you need from our exam experts!

Questions

1. What process is used to soften and emulsify oil and blackheads in hair follicles?

- **A. Desincrustation**
- **B. Exfoliation**
- **C. Microdermabrasion**
- **D. Hydration**

2. How does injured skin restore itself to normal thickness?

- **A. Through increased blood circulation**
- **B. Through a hyperproduction of cells and bloodclotting ability**
- **C. Through decreased cell death**
- **D. Through the production of more collagen**

3. Which term refers to a modality in electrical use?

- **A. Ohmic current**
- **B. Galvanic current**
- **C. Faradic current**
- **D. Cyclic current**

4. In electrical terms, what is the function of resistance?

- **A. Increase electric current**
- **B. Reduce electric current**
- **C. Store electric charge**
- **D. Enhance electric flow**

5. What happens to the subcutis layer as you age?

- **A. It remains unchanged**
- **B. It increases**
- **C. It varies greatly**
- **D. It decreases**

6. What kind of bones are categorized as cheekbones?

- **A. Malar bones**
- **B. Nasal bones**
- **C. Pectoral bones**
- **D. Temporal bones**

7. What type of organisms are all microbes classified as?

- **A. Multicellular organisms**
- **B. Microscopic organisms**
- **C. Visible organisms**
- **D. Single-celled organisms**

8. Which system includes skin, oil, and sweat glands?

- **A. Nervous system**
- **B. Musculoskeletal system**
- **C. Respiratory system**
- **D. Integumentary system**

9. To avoid softening, plastic bottles should not be washed in which substance?

- **A. Alcohol**
- **B. Phenols**
- **C. Water**
- **D. Soap and water**

10. What is the primary purpose of salon ventilation systems?

- **A. To keep the salon cool**
- **B. To circulate fresh air and reduce airborne contaminants**
- **C. To enhance the scent of products**
- **D. To provide heat to the workspace**

Answers

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

Explanations

1. What process is used to soften and emulsify oil and blackheads in hair follicles?

A. Desincrustation

B. Exfoliation

C. Microdermabrasion

D. Hydration

Desincrustation is a process specifically designed to soften and emulsify oil, dirt, and blackheads within hair follicles, making it easier to extract these impurities. This treatment typically involves the use of a galvanic current combined with a specific alkaline solution, which helps to break down the oils and debris present in the skin. The electrical current facilitates the penetration of the solution, enhancing its effectiveness. Understanding the role of desincrustation is essential for estheticians, as it prepares the skin for subsequent treatments, such as extractions or deeper cleansing facials. This step is crucial in ensuring that the pores are clean and minimizes the risk of irritation during extractions. The other processes listed serve different purposes; for example, exfoliation involves the removal of dead skin cells from the surface of the skin to improve texture and promote cell turnover. Microdermabrasion focuses on mechanically exfoliating the skin using fine crystals to remove the outer layer, while hydration pertains to adding moisture to the skin but does not specifically target oils or blackheads within hair follicles. Understanding these distinctions is important for effectively addressing various skin concerns in esthetic treatments.

2. How does injured skin restore itself to normal thickness?

A. Through increased blood circulation

B. Through a hyperproduction of cells and bloodclotting ability

C. Through decreased cell death

D. Through the production of more collagen

Injured skin restores itself to normal thickness primarily through a hyperproduction of cells and an enhanced blood clotting ability. When skin experiences injury, the body initiates a healing response that involves the proliferation of various cell types, particularly fibroblasts and keratinocytes. This increase in cell production is crucial as it helps to replace damaged cells and restore the skin's integrity and structure. Additionally, blood clotting plays a vital role in the healing process. It provides an essential scaffold for incoming cells and minimizes blood loss. Clot formation also releases growth factors that further stimulate cell growth and the repair process. As new cells form and migrate to the site of injury, the skin gradually regains its original thickness and resilience. While other options touch on relevant aspects of skin healing, they do not capture the primary mechanisms driving the restoration of thickness as effectively. For instance, increased blood circulation aids in delivering nutrients and oxygen, but it is not the direct cause of thickness restoration. Similarly, decreased cell death can contribute to overall health but is not the primary action in restoring the integrity of the skin post-injury. The production of collagen is essential for skin structure and strength, yet it functions more as part of the later stages of tissue remodeling rather than the immediate

3. Which term refers to a modality in electrical use?

A. Ohmic current

B. Galvanic current

C. Faradic current

D. Cyclic current

The term that accurately refers to a modality in electrical use is "galvanic current." This current is a direct current, meaning it flows in one direction and is used in various skincare treatments. Galvanic current has applications such as iontophoresis, which helps drive products deeper into the skin and facilitates the treatment of conditions like acne or hyperpigmentation. While other currents also have specific uses in esthetics, they do not define a modality in the same way galvanic does. For instance, faradic current is used primarily for muscle stimulation, focusing on electrical muscle contraction rather than a direct skincare approach. Ohmic current, while relevant in electrical theory, does not specifically relate to esthetic treatments in the same manner as galvanic current. Cyclic current refers more to alternating current concepts rather than specific modalities utilized for skincare purposes. Thus, the designation of galvanic current as a modality highlights its foundational role in various esthetic applications.

4. In electrical terms, what is the function of resistance?

A. Increase electric current

B. Reduce electric current

C. Store electric charge

D. Enhance electric flow

Resistance in electrical terms refers to the opposition to the flow of electric current within a circuit. It is a fundamental concept in electronics and electrical engineering, and its primary function is to limit or reduce the amount of electric current that can flow through a material or component. When an electrical current passes through a resistor, the resistor impedes the flow of electrons, creating a drop in voltage and effectively controlling the amount of current that can reach other parts of the circuit. This reduction in current can be useful for protecting sensitive components from excessive current that may cause damage, managing power consumption, or achieving specific circuit behavior as desired for various applications. Other functions, such as storing electric charge or enhancing electric flow, do not correspond to the role of resistance. Capacitors are typically responsible for storing electric charge, while inductors and other circuit configurations are used to enhance electric flow under certain conditions. Thus, understanding that resistance specifically serves to reduce electric current is essential in both theoretical and practical applications of electronics.

5. What happens to the subcutis layer as you age?

A. It remains unchanged

B. It increases

C. It varies greatly

D. It decreases

As a person ages, the subcutis layer, which is the deepest layer of the skin, tends to decrease in both thickness and functionality. This layer is primarily composed of fat and connective tissues that provide insulation and cushioning for the body. With age, the body naturally loses fat, leading to a reduction in the volume of the subcutis. This diminishment can result in less plumpness and increased sagging of the skin, as the supportive cushion provided by this layer diminishes. The changes in the subcutis are often accompanied by other age-related skin changes, such as decreased elasticity, hydration, and a slower regeneration process. While some individuals might experience variations in the changes due to genetics or lifestyle factors, the general trend is a decrease in the subcutis layer as one ages.

6. What kind of bones are categorized as cheekbones?

A. Malar bones

B. Nasal bones

C. Pectoral bones

D. Temporal bones

Malar bones, also known as the zygomatic bones, specifically refer to the bones that structure the prominence of the cheeks in the human skull. They play a crucial role in facial aesthetics and contribute to the overall shape and alignment of the face. The zygomatic bones articulate with several other bones in the skull, including the maxilla (upper jaw), the temporal bones, and the frontal bones, which underscores their importance in the formation of facial features. Understanding the facial structure and the function of the malar bones is particularly relevant in esthetics, as they influence contouring techniques and the application of makeup, as well as other beauty treatments that focus on enhancing facial symmetry and structure. Nasal bones are located at the bridge of the nose and are not involved in the cheek region, while pectoral bones, which comprise the shoulder girdle, and temporal bones, associated with the side of the skull, do not play a role in forming the cheekbones. This specificity makes malar bones a key focus in both anatomical studies and practical applications within esthetics.

7. What type of organisms are all microbes classified as?

A. Multicellular organisms

B. Microscopic organisms

C. Visible organisms

D. Single-celled organisms

All microbes are classified as microscopic organisms, which means they cannot be seen with the naked eye and require a microscope for visualization. This classification includes a wide variety of life forms, such as bacteria, viruses, fungi, and protozoa. The defining characteristic of microbes is their small size, which differentiates them from larger, multicellular organisms like plants and animals. Understanding this classification is crucial for estheticians because the practice often involves dealing with skin microbiota and pathogens at the microscopic level, impacting skin care treatments and hygiene standards. The focus on microbial organisms highlights the significance of maintaining proper sanitation and recognizing the role of various species of microbes in both health and disease. By being aware of the microscopic nature of these organisms, estheticians can better understand dermatological conditions and employ effective treatment strategies.

8. Which system includes skin, oil, and sweat glands?

A. Nervous system

B. Musculoskeletal system

C. Respiratory system

D. Integumentary system

The integumentary system is the correct choice as it encompasses the skin and its associated structures, including oil glands (sebaceous glands) and sweat glands (sudoriferous glands). This system serves as a protective barrier for the body while also playing roles in temperature regulation, sensation, and the production of vitamin D. The skin itself is the largest organ of the body, and its glandular components are essential for maintaining moisture, supporting skin health, and regulating body temperature through perspiration. Other systems listed, such as the nervous system, musculoskeletal system, and respiratory system, do not involve skin or its associated glands. The nervous system primarily deals with transmitting signals throughout the body, the musculoskeletal system focuses on movement and support through bones and muscles, and the respiratory system is concerned with the exchange of gases in the body. None of these systems include the skin and its functionalities, confirming the integumentary system as the correct answer.

9. To avoid softening, plastic bottles should not be washed in which substance?

A. Alcohol

B. Phenols

C. Water

D. Soap and water

Plastic bottles can be sensitive to certain chemicals, which may cause them to soften or degrade over time. Phenols, a type of organic compound often found in disinfectants and some cleaning products, are particularly harmful to plastic materials. When plastic comes into contact with phenolic compounds, it can lead to a breakdown of the plastic structure, resulting in softening, distortion, or failure of the container. On the other hand, alcohol, water, and soap are generally safe to use with plastic bottles as they do not contain components that are known to react negatively with most common types of plastic. Alcohol is often used for sanitizing without compromising the integrity of the plastic, while soap and water are effective for general cleaning purposes. Water alone, as a neutral solvent, will not cause any harm to the structure of the plastic.

10. What is the primary purpose of salon ventilation systems?

A. To keep the salon cool

B. To circulate fresh air and reduce airborne contaminants

C. To enhance the scent of products

D. To provide heat to the workspace

The primary purpose of salon ventilation systems is to circulate fresh air and reduce airborne contaminants. This is critical in salon environments where various chemicals and products are used, such as hair dyes, nail products, and skincare treatments. These substances can release fumes and particles that, if not properly ventilated, could result in poor air quality and potential health hazards for both clients and staff. Effective ventilation helps to ensure a continuous supply of fresh air while expelling stale air, which is essential for maintaining a safe and comfortable environment. This process not only mitigates the risk of respiratory issues related to exposure to potentially harmful chemicals but also enhances overall customer and employee comfort during services. While keeping the salon cool, enhancing product scent, and providing heat may be secondary benefits of a well-designed ventilation system, they do not represent the primary purpose. Instead, the main focus is on air quality management and the reduction of harmful airborne contaminants within the salon space.