

# Washington Master Esthetics Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. What is the best way to apply a lotion?**
  - A. Use a cotton pad**
  - B. Pour it directly onto the face**
  - C. Place it on the fingers, rub the fingers together, and apply it to the face**
  - D. Apply it with both hands at once**
- 2. How often do most clients have enzyme treatments?**
  - A. Weekly**
  - B. Monthly**
  - C. Every six weeks**
  - D. Biannually**
- 3. What is a common treatment option for hyperpigmentation?**
  - A. Cryotherapy**
  - B. Microdermabrasion**
  - C. Chemical peels**
  - D. All of the above**
- 4. Where do we get the nitrogen we need for survival?**
  - A. Air**
  - B. Water**
  - C. Food**
  - D. Soil**
- 5. How long can Sculptura last after achieving the desired result, including touch-ups?**
  - A. One year**
  - B. Six months**
  - C. Two years**
  - D. Five years**

- 6. Which of the following is a primary purpose of disinfectants?**
- A. To enhance the appearance of surfaces**
  - B. To eliminate microorganisms from surfaces**
  - C. To reduce surface friction**
  - D. To lubricate areas of contact**
- 7. What are the threadlike structures responsible for the contractile properties of muscle that allow voluntary movement?**
- A. Myofibrils**
  - B. Myofilaments**
  - C. Filaments**
  - D. Fibers**
- 8. What is the end point of a muscle where it attaches to the bone it moves?**
- A. Origin**
  - B. Insertion**
  - C. Attachment**
  - D. Connection**
- 9. What root word means skin?**
- A. Derm**
  - B. Cut**
  - C. Epider**
  - D. Scler**
- 10. What is the primary goal of a purifying mask?**
- A. To hydrate dry skin**
  - B. To absorb excess oil and impurities**
  - C. To soothe sensitive skin**
  - D. To nourish aging skin**

## **Answers**

SAMPLE

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

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## **Explanations**

SAMPLE



## 1. What is the best way to apply a lotion?

- A. Use a cotton pad
- B. Pour it directly onto the face
- C. Place it on the fingers, rub the fingers together, and apply it to the face**
- D. Apply it with both hands at once

The best way to apply a lotion is to place it on your fingers, rub the fingers together, and then apply it to the face. This method is effective because it allows for better distribution of the product. Rubbing the lotion between the fingers warms it slightly, which can make it more easily absorbable by the skin. Additionally, this technique helps to ensure an even application across the face, allowing the lotion to spread smoothly and cover all areas without excessive product build-up. Using a cotton pad may not be as effective for lotion application, as it can absorb some of the product and lead to wastage, while pouring it directly onto the face can cause uneven application and be wasteful. Applying with both hands at once could also result in uneven distribution, not giving sufficient attention to areas that may need more product or that require specific application techniques.

## 2. How often do most clients have enzyme treatments?

- A. Weekly
- B. Monthly**
- C. Every six weeks
- D. Biannually

Clients typically have enzyme treatments on a monthly basis because this frequency allows for effective skin turnover and maintenance without overwhelming the skin. Enzyme treatments are designed to exfoliate the skin gently by breaking down dead skin cells and promoting cellular renewal. Monthly treatments give the skin sufficient time to recover and respond positively to the enzymes, while also ensuring that the results, such as improved texture and clarity, are maintained. Weekly treatments might lead to overstimulation or irritation, as the skin could struggle to replenish itself quickly enough. Similarly, having enzyme treatments every six weeks or biannually does not provide the consistent exfoliation necessary for ongoing skin health, as results may diminish without regular maintenance. Therefore, monthly scheduling is widely regarded as optimal for achieving the best outcomes in skin care.

### **3. What is a common treatment option for hyperpigmentation?**

- A. Cryotherapy**
- B. Microdermabrasion**
- C. Chemical peels**
- D. All of the above**

Hyperpigmentation, characterized by darkened areas of the skin, can be effectively treated using a variety of methods, making the comprehensive approach represented by the selection of all the treatment options particularly effective. Cryotherapy involves the application of extreme cold to the skin, which can reduce localized pigmentation by destroying abnormal pigment cells. This method is particularly useful for specific lesions, such as age spots or certain types of acne scars. Microdermabrasion is a minimally invasive physical exfoliation technique that helps to remove dead skin cells and allows for the regeneration of new skin. By promoting these processes, microdermabrasion can improve skin tone and texture, helping to even out pigmentation. Chemical peels utilize acidic solutions to remove the outer layers of the skin. This method is particularly effective for hyperpigmentation as it encourages the shedding of the pigmented top layer, leading to fresher, less pigmented skin underneath. The inclusion of all these treatments underlines the importance of a multifaceted approach to addressing hyperpigmentation, as each technique targets the issue from different angles and can vary in effectiveness depending on the individual's skin type and the specifics of their pigmentation concerns.

### **4. Where do we get the nitrogen we need for survival?**

- A. Air**
- B. Water**
- C. Food**
- D. Soil**

While nitrogen is indeed an essential element for life, the primary source where humans obtain the nitrogen necessary for survival is through food. Nitrogen is a critical component of amino acids, which in turn make up proteins, as well as nucleic acids like DNA and RNA. Our bodies cannot directly use nitrogen in its gaseous form found in the atmosphere. Instead, we rely on the consumption of plants and animals to intake nitrogen. Plants utilize nitrogen from the soil, which is assimilated into proteins during photosynthesis. When we eat these plants or any animal that has consumed plants, we are effectively obtaining the nitrogen needed for our body functions. In contrast, while air contains about 78% nitrogen, we cannot utilize it directly. Water does not contain nitrogen molecules in a form usable by the body, nor does soil serve as a direct source for human consumption when discussing nitrogen intake. Thus, food is the correct answer as it is the main way we acquire the nitrogen necessary to sustain life.

**5. How long can Sculptura last after achieving the desired result, including touch-ups?**

- A. One year**
- B. Six months**
- C. Two years**
- D. Five years**

Sculptura, which is a brand of poly-L-lactic acid (PLLA) dermal filler, is known for its ability to stimulate collagen production in the skin over time, leading to gradual volume restoration and improved skin texture. After the desired results are achieved through the initial treatment and any necessary touch-ups, the effects of Sculptura can indeed last up to two years. This durability is largely due to the collagen-building properties of PLLA, as the body continues to produce collagen following treatment, maintaining a more youthful appearance. Additionally, the sustainability of results can vary from person to person based on individual factors such as skin condition, age, lifestyle, and the body's natural response to the treatment. While some fillers may have shorter durations or need more frequent applications to maintain results, Sculptura's formulation specifically is designed to provide longer-lasting results, making it a notable option for those looking for extended enhancement without the need for frequent visits.

**6. Which of the following is a primary purpose of disinfectants?**

- A. To enhance the appearance of surfaces**
- B. To eliminate microorganisms from surfaces**
- C. To reduce surface friction**
- D. To lubricate areas of contact**

The primary purpose of disinfectants is to eliminate microorganisms from surfaces. Disinfectants are chemical agents designed specifically for this function, ensuring that surfaces are free of harmful bacteria, viruses, and fungi that could lead to infections or contamination. This is particularly important in settings like beauty salons and medical facilities, where maintaining a sterile environment is crucial to ensure client safety and health. The action of disinfectants helps to prevent the spread of illness and supports overall hygiene practices. While other options relate to aesthetics or physical properties of surfaces, they do not align with the core purpose of disinfectants, which is strictly focused on microbiological safety and sanitation.

**7. What are the threadlike structures responsible for the contractile properties of muscle that allow voluntary movement?**

- A. Myofibrils
- B. Myofilaments**
- C. Filaments
- D. Fibers

The correct answer focuses on myofilaments, which are the fundamental threadlike structures within muscle cells that play a crucial role in muscle contraction. Myofilaments are composed of actin (thin filaments) and myosin (thick filaments), and their interaction is essential for the contractile properties of muscle. When a muscle contracts, the myofilaments slide past each other, leading to the shortening of the muscle fibers. This sliding filament mechanism is key to enabling voluntary movement as it allows muscles to generate force and produce motion. Myofilaments are organized into myofibrils, which are further assembled into muscle fibers, but it is the myofilaments themselves that are primarily responsible for the contractile mechanism. Understanding this distinction helps clarify the muscle contraction process and emphasizes the importance of myofilaments in both skeletal and cardiac muscles where voluntary control is necessary for movement and function.

**8. What is the end point of a muscle where it attaches to the bone it moves?**

- A. Origin
- B. Insertion**
- C. Attachment
- D. Connection

The end point of a muscle where it attaches to the bone it moves is referred to as the insertion. This term is specifically used in anatomy to identify the particular site at which a muscle connects to a bone that is moved during muscle contraction. The insertion point allows the muscle to exert force on the bone, facilitating movement. In contrast, the origin of a muscle is the point where the muscle attaches to a stationary bone, which does not move during contraction. Understanding these terms is essential in fields such as anatomy, physical therapy, and fitness, as they articulate how muscles interact with the skeletal system to produce movement. The other options, while related concepts, do not accurately describe the specific point of attachment responsible for movement.

## 9. What root word means skin?

- A. Derm**
- B. Cut
- C. Epider
- D. Scler

The root word that means skin is "Derm." This term is derived from the Greek word "derma," which translates directly to "skin." It is widely used in various contexts within the field of esthetics and dermatology. For instance, dermatology, the branch of medicine that focuses on skin health, utilizes this root word to signify its focus area.

Understanding this root is essential for anyone in the field of esthetics, as many terms related to skin treatments, conditions, and procedures are rooted in this terminology. For example, terms like epidermis (the outer layer of skin) and dermatitis (inflammation of the skin) both incorporate this root. The other options refer to different root words. "Cut" typically relates to cutting or incision but is not directly linked to skin. "Epider" comes from the prefix for the outer skin layer but does not stand alone as a word meaning skin. "Scler" pertains to hardness or hard tissues, particularly in the context of sclera, the white part of the eye, and is not associated with skin. Understanding the correct root word enables effective communication and comprehension within the esthetics profession.

## 10. What is the primary goal of a purifying mask?

- A. To hydrate dry skin
- B. To absorb excess oil and impurities**
- C. To soothe sensitive skin
- D. To nourish aging skin

The primary goal of a purifying mask is to absorb excess oil and impurities from the skin. Purifying masks typically contain ingredients such as clay or charcoal that effectively cleanse the pores, drawing out dirt, oil, and other impurities that can lead to breakouts or a dull complexion. Such masks are often used on oily or combination skin types or as part of a treatment for acne-prone skin. While other types of masks may focus on hydrating, soothing, or nourishing the skin, a purifying mask specifically targets the need to clarify and detoxify the skin's surface, making it an essential part of a regimen aimed at maintaining a clear and balanced complexion.