Washington Master Esthetics Practice Exam (Sample)

Study Guide

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Questions

1. What is the medical term for a facelift?

A. Rhytidectomy

B. Dermabrasion

C. Blepharoplasty

D. Liposuction

2. How long should the stratum corneum be allowed to recover between chemical peels?

A. Two weeks

B. Four weeks

C. Six weeks

D. Eight weeks

3. How long do tuberculosis bacteria remain viable in the air?

A. 5 minutes

B. 10 minutes

C. 20 minutes

D. 60 minutes

4. What is the combining vowel in polyneurotherapy?

A. A

B. O

C. E

D. I

5. Which of the following is typically a reason to avoid certain massage techniques?

A. Client comfort level

B. Massage duration

C. Room temperature

D. Time of day

6. What are the two families of keratins?

A. Simple and Complex

B. Acidic and Basic

C. Type I and Type II

D. Alpha and Beta

7. Which part of the body contains approximately 50% of the hyaluronic acid found in humans?

A. Skin

B. Eyes

C. Joints

D. Liver

8. What is the purpose of using galvannic current in skincare treatments?

A. To provide moisture to the skin

B. To enhance product penetration

C. To irritate the skin

D. To promote exfoliation

9. What role do antioxidants play in skincare?

A. They lightly moisturize

B. They prevent skin aging

C. They cleanse the skin

D. They provide sun protection

10. How should soft wax be applied to the arms?

A. Thinly and upward

B. Thinly and downward

C. Thickly and upward

D. Thickly and downward

Answers

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

Explanations

1. What is the medical term for a facelift?

A. Rhytidectomy

B. Dermabrasion

C. Blepharoplasty

D. Liposuction

The medical term for a facelift is rhytidectomy. This surgical procedure is specifically designed to reduce the appearance of facial wrinkles and sagging, which are effects of aging. During a facelift, excess skin is removed and underlying tissues are tightened, resulting in a more youthful and rejuvenated appearance. Understanding the other terms can help clarify why they do not relate to the procedure of a facelift. Dermabrasion involves the mechanical exfoliation of the skin to improve texture and can be used for skin resurfacing but does not involve lifting or tightening the face itself. Blepharoplasty refers to eyelid surgery, which focuses on correcting issues with the eyelids, such as sagging or puffy eyelids, rather than rejuvenating the entire face. Liposuction is a procedure aimed at removing fat deposits from specific areas of the body rather than addressing facial wrinkles or sagging. Thus, rhytidectomy aptly describes the surgery aimed at facelift procedures, targeting facial rejuvenation through skin lifting and tightening.

2. How long should the stratum corneum be allowed to recover between chemical peels?

A. Two weeks

B. Four weeks

C. Six weeks

D. Eight weeks

The stratum corneum is the outermost layer of the skin, and its main role is to serve as a barrier protecting underlying layers from environmental damage and moisture loss. After a chemical peel, it is crucial to allow the skin adequate time to recover to ensure proper healing and re-establishment of the skin barrier. Allowing four weeks between chemical peels is generally considered appropriate for the skin to regenerate and restore its natural protective mechanisms. This duration provides enough time for the stratum corneum to undergo its natural shedding processes while also allowing any inflammation from the chemical peel to subside. It enables cells to repair themselves and promotes the overall health of the skin, making it ready for the next treatment without risking over-exfoliation or adverse reactions. Choosing a period longer than four weeks may be unnecessary for many skin types unless specifically indicated for particular concerns or skin responses. However, a recovery period shorter than four weeks could potentially lead to cumulative irritation or damage, emphasizing the importance of respecting the skin's natural cycle during recovery.

3. How long do tuberculosis bacteria remain viable in the air?

A. 5 minutes

B. 10 minutes

C. 20 minutes

D. 60 minutes

Tuberculosis bacteria, specifically Mycobacterium tuberculosis, can remain viable in the air for a significant duration. Research indicates that they can survive in airborne particles for hours, with some studies suggesting they could remain infectious for as long as several hours in enclosed spaces. While the longevity can vary based on environmental conditions such as humidity and temperature, it is generally accepted that they can remain viable for about 30 minutes to several hours. The selection of 20 minutes is grounded in practical applications of airborne transmission scenarios, where bacteria can survive long enough to pose a transmission risk in crowded or poorly ventilated areas. This underlines the importance of air quality and ventilation in reducing the risk of tuberculosis transmission in healthcare settings and close living conditions. In summary, the indicated time of viability reflects the nature of how these bacteria can linger in the air and underscores the importance of preventive measures against infection.

4. What is the combining vowel in polyneurotherapy?

A. A

B. O

C. E

D. I

In the term "polyneurotherapy," the combining vowel is "o." Combining vowels are used in medical terminology to facilitate easier pronunciation when combining words or word parts. In this case, the "o" acts as a bridge between the root "neur" (referring to nerves) and the suffix "therapy" (referring to treatment). The presence of "o" allows for a smoother transition when pronouncing the full term. For example, without the combining vowel, one might struggle more with the abrupt connection between "neur" and "therapy." In terms of the other letters presented, "a," "e," and "i" do not serve as combining vowels in this context and could be part of other terms or used differently in medical terminology. However, in the specific context of "polyneurotherapy," "o" is the correct choice for the combining vowel that facilitates the pronunciation of the entire word.

5. Which of the following is typically a reason to avoid certain massage techniques?

A. Client comfort level

B. Massage duration

C. Room temperature

D. Time of day

A common reason to avoid certain massage techniques is the client's comfort level. Each individual has unique preferences and tolerances when it comes to touch and pressure. Factors such as existing medical conditions, sensitivity to pain, or even psychological comfort can greatly influence a client's experience. Ensuring the client is comfortable is paramount in establishing trust and enhancing the therapeutic benefits of the massage. If a client indicates discomfort or distress with a specific technique, it is essential for the practitioner to adapt their approach to better suit the client's needs and ensure their overall well-being during the session. This responsiveness not only demonstrates professionalism but also fosters a positive and safe environment for the client.

6. What are the two families of keratins?

A. Simple and Complex

B. Acidic and Basic

C. Type I and Type II

D. Alpha and Beta

The correct answer identifies the two families of keratins as Acidic and Basic. Keratins are a type of fibrous protein, primarily found in the epidermis, hair, and nails. They play a crucial role in providing structural support and resilience to these tissues. You can think of keratins as being classified into two main categories based on their isoelectric points, which relate to the pH levels at which the proteins bear no net electrical charge. Acidic keratins typically have a lower isoelectric point (more negative charge) and are found in various epithelial tissues. Basic keratins, on the other hand, exhibit higher isoelectric points and play a key role in hair follicles and other structures. This classification also aligns with the composition of keratin fibers, where acidic keratins complement basic keratins to form the more complex structures seen in hair and skin. Understanding the specific characteristics of acidic and basic keratins helps in appreciating their functional diversity in different tissues, allowing for insights into the biological roles they play in the integumentary system.

7. Which part of the body contains approximately 50% of the hyaluronic acid found in humans?

A. Skin

B. Eyes

C. Joints

D. Liver

The skin contains approximately 50% of the hyaluronic acid found in humans. This powerful humectant plays a crucial role in maintaining skin hydration and elasticity. In the dermis, hyaluronic acid absorbs moisture and binds it to collagen and elastin, contributing to the skin's plump appearance and overall texture. While other areas of the body, such as the eyes, joints, and liver, also contain hyaluronic acid, they do not hold the same proportion as the skin. In the eyes, hyaluronic acid is vital for moisture and lubrication, and in joints, it acts as a lubricant and shock absorber. The liver stores some hyaluronic acid, but again, not to the extent found in the skin. Understanding the primary role of hyaluronic acid in maintaining skin health is essential for estheticians, as it influences various skin treatments and product formulations.

8. What is the purpose of using galvannic current in skincare treatments?

A. To provide moisture to the skin

B. To enhance product penetration

C. To irritate the skin

D. To promote exfoliation

Using galvanic current in skincare treatments primarily serves to enhance product penetration. This low-level electrical current creates a pathway for active ingredients in skincare products to more effectively penetrate the skin barrier. The two main effects of galvanic current that facilitate this process are iontophoresis and disincrustation. Iontophoresis involves the introduction of positively or negatively charged substances into the skin through the application of a galvanic current. By matching the charge of the product with the current, the active ingredients are driven deeper into the skin, maximizing their effectiveness. In contrast, disincrustation utilizes the current's ability to soften and emulsify sebum and impurities in the skin, which is beneficial for deep cleansing and preparing the skin for further treatments. This process opens up the pores, allowing for deeper absorption of topical treatments applied afterward. While moisture is important for skin health, galvanic current does not function primarily to provide moisture itself. Similarly, promoting exfoliation and irritation are not typical purposes of galvanic therapy in a skincare context. Thus, enhancing product penetration is the most accurate representation of the purpose of using galvanic current in treatments.

9. What role do antioxidants play in skincare?

A. They lightly moisturize

B. They prevent skin aging

C. They cleanse the skin

D. They provide sun protection

Antioxidants play a significant role in skincare primarily by preventing skin aging. They work by neutralizing free radicals, which are unstable molecules that can damage skin cells and lead to premature aging. This damage manifests as signs of aging such as fine lines, wrinkles, and loss of firmness. By mitigating the effects of these free radicals, antioxidants help maintain the skin's youthful appearance and overall health. In addition to their anti-aging properties, antioxidants can also improve skin tone and texture, and some may even assist in the skin's natural repair processes. This makes them an essential component in many skincare products designed to protect and rejuvenate the skin. Their ability to combat oxidative stress is a critical factor in maintaining youthful, vibrant skin.

10. How should soft wax be applied to the arms?

A. Thinly and upward

B. Thinly and downward

C. Thickly and upward

D. Thickly and downward

Soft wax should be applied to the arms in a thin layer and in the downward direction. This method is important because the hair on the arms typically grows downward, so applying the wax in the same direction helps to ensure that the wax adheres properly to the hair. When the wax is applied thinly, it allows for a smoother application, which minimizes discomfort and helps the wax to be easily removed without leaving residue. Applying the wax in the opposite direction of hair growth would make it more difficult to remove the hair and could cause irritation or breakage. Additionally, a thick application is not ideal because it may lead to inefficiency in removing the wax and could cause unnecessary pain during the removal process. Thus, applying soft wax thinly and in the direction of hair growth is the best practice for effective hair removal on the arms.