

Career

Esthetician
Esthetician Certification Exam

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Question: 1

The purpose of a paraffin mask

- A. To apply antioxidants.
- B. To create a seal.
- C. To help with oily skin.
- D. To achieve a peel.

Answer: B

Explanation:

The paraffin mask creates a vacuum-like seal so the moisture drawn from the lower layers of skin mixes with the product being applied, providing a deep glow to the face. Antioxidants are usually applied topically during microdermabrasion. Paraffin masks do not help with oily skin. And exfoliation treatments usually include chemicals like alpha-hydroxy acids (AHAs).

Question: 2

Which of the following best describes an enzyme?

- A. it is the main source of energy.
- B. it is a fibrous protein.
- C. it is an essential fatty acid.
- D. It acts as a catalyst.

Answer: D

Explanation:

An enzyme acts as a catalyst in the body, breaking down reactants into specific products. The main source of energy in the body is glucose, a simple sugar. Elastin is a fibrous protein; it is found in connective tissue. Omega-3 fatty acid is an essential fatty acid that cannot be produced in the body and is found in fish.

Question: 3

According to OSHA's Bloodborne Pathogen Standard, employers must....

- A. Regulate toxic substances.
- B. Make Hepatitis B vaccinations available.

- C. Use an EPA-registered disinfectant.
- D. Follow ANSI standards for the safe use of lasers.

Answer: B

Explanation:

Employers must make available a Hepatitis B shot to any employee who could be exposed to blood. OSHA was established by Congress in 1970 to regulate toxic substances. The EPA (Environmental Protection Agency), not OSHA is concerned with regulating disinfectants. ANSI (American National Standards Institute) has standards, including one on the safe use of lasers.

Question: 4

Cellular recession can best be described as

- A. Producing pigment granules.
- B. A factor of intrinsic skin care.
- C. Nerve stimulation.
- D. Slowing down water evaporation.

Answer: B

Explanation:

Cellular recession is an intrinsic factor in skin care, in that aging begins at the cellular level. When cell functions break down, cells don't perform activities that keep skin healthy, resulting in wrinkles and lines. Production of pigment granules is done by melanocytes. Nerve stimulation is accomplished through massage, which sends messages to the brain, lowering stress. Oil helps maintain water level in cells, slowing down water evaporation.

Question: 5

During the catagen stage of hair growth, the hair

- A. Goes into a resting phase.
- B. There is no hair growth at all.
- C. The outer root sheath shrinks.
- D. Cells in the root are dividing.

Answer: C

Explanation:

During the catagen stage, the outer root sheath shrinks and attaches to the hair's root. Hair goes into a resting phase during the telogen stage. Choice B is

incorrect because at any given time a certain number of hairs will be in one of the three stages. Cells in the root of the hair are dividing in the anagen stage, the phase of active hair growth.

Question: 6

Which of the following best describes an emulsion?

- A. A substance with a pH below 7.0
- B. A synthetic surfactant
- C. A mix of immiscible substances
- D. A substance with solid particles evenly distributed.

Answer: C

Explanation:

An emulsion is a combination of two or more immiscible (not bendable) substances joined together with an emulsifier. A substance with a pH below 7.0 is classified as an acid. A synthetic surfactant is a substance that when dissolved in water, can remove dirt. A substance that has solid particles distributed in a liquid is called a suspension.

Question: 7

Sudoriferous glands are exocrine glands located in the

- A. Pores.
- B. Dermis.
- C. Apocrine glands.
- D. Capillaries.

Answer: B

Explanation:

The sudoriferous (or sweat) glands are found in the second layer of skin, the dermis. The average person has over two million sweat glands. Pores on the skin's surface are connected to the sweat glands by tubes. Apocrine glands are sweat glands found in the armpits and the genitals. Capillaries are blood vessels.

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