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Question: 1

What part of the body contains the most bones?

- A. The leg
- B. The face
- C. The hand
- D. The foot

Answer: C

Explanation:

Human hands contain more bones than any other part of the body, with each hand containing 27 bones. The leg only comprises four bones. There are 14 facial bones. The foot has 26 bones. The entire adult human skeleton is composed of 206 bones.

Question: 2

A cosmetologist notices horizontal dents on a client's fingernail. Which of the following could this indicate?

- A. The client recently had an illness.
- B. The client is severely dehydrated.
- C. The client experienced rapid nail growth.
- D. The client is experiencing normal aging.

Answer: A

Explanation:

Horizontal dents or grooves that appear on the nails are called Beau's Lines. These lines can indicate that a client was recently sick or extremely stressed, experienced damage to the nail matrix, or has a vitamin deficiency. These lines may appear on all or just a few nails at a time and are most common on the thumbs and big toes. Brittle and fragile nails may indicate that the client is not adequately hydrated. Vertical ridges in nails are normal and not cause for concern.

Question: 3

Which of the following is the study of the human body and the structures it is composed of?

- A. Physiology

- B. Anatomy
- C. Myology
- D. Histology

Answer: B

Explanation:

Anatomy is the study of the human body and the structures it is composed of. Physiology is the study of the body's functions. Myology' is the study of the muscles. Histology is the study of the structures of tissues.

Question: 4

Which of the following best defines a solution?

- A. A stable mixture of one or more solutes dissolved in a solvent
- B. An unstable combination of chemicals
- C. A liquid capable of dissolving a solute
- D. The formula for the colors being mixed for use on a client

Answer: A

Explanation:

A solution is a stable, homogenous (equally distributed) mixture of one or more substances dissolved in a solvent. Mixtures are considered stable if the solute (the solid) is fully dissolved in the solvent (the liquid) and remains dissolved without the use of heat or continuous agitation. An unstable combination, one that does not remain mixed, would not be considered a solution. A liquid that dissolves a solute is called a solvent. While a formula for colors may be a solution, it does not define a solution, as hair dye is not the only product that can be made into a solution.

Question: 5

Which of the following microorganisms require a host for their survival?

- A. Bacteria
- B. Viruses
- C. Parasites
- D. Fungi

Answer: C

Explanation:

Parasites are the only listed microorganism that must live within a host to grow and multiply. Bacteria, viruses, and fungi can all live on surfaces.

Question: 6

Which of the following systems controls involuntary muscle actions?

- A. Autonomic nervous system
- B. Peripheral nervous system
- C. Central nervous system
- D. Somatic nervous system

Answer: A

Explanation:

The autonomic nervous system controls involuntary muscle actions that regulate body processes required for living. This includes heart rate, breathing, and digestion. The peripheral nervous system carries messages to the central nervous system, which takes in, processes, and responds to sensory input. The somatic nervous system controls voluntary muscle movements.

Question: 7

Which of the following best describes the purpose of nerve tissue?

- A. To line the digestive system
- B. To move parts of the body by contracting
- C. To bind body parts together
- D. To carry messages to and from the brain

Answer: D

Explanation:

Nerve tissue carries messages to and from the brain. It also coordinates bodily functions. Epithelial tissue lines the digestive and respiratory systems. Muscle tissue moves the parts of the body by contracting. Connective tissue binds together various parts of the body.

Question: 8

Which of the following is an example of a physical change?

- A. Bleaching a client's hair to achieve a lighter color
- B. Combining toner and developer for a hair treatment
- C. Trimming the split ends from a client's hair
- D. Dying a clients hair using permanent dye

Answer: C

Explanation:

In chemistry, a physical change occurs when a substance is altered but remains the same chemically. A haircut is an example of a physical change. The hair is altered through the act of cutting, but the chemical composition does not change. Applying bleach or permanent dye to hair causes a chemical reaction within the hair that changes its color, Combining a toner with a developer causes a chemical reaction that activates the toner.

Question: 9

Which of the following best describes the purpose of an emulsifier?

- A. To remove impurities from a mixture that is unstable
- B. To create a soothing effect in lotions or creams
- C. To bind normally incompatible substances into a stable mixture
- D. To change the color of a skin or haircare product

Answer: C

Explanation:

Emulsions are a mix of two normally immiscible components—typically oil- and water-based ingredients in cosmetics. While not required, emulsions typically contain emulsifiers to help the components remain combined. Emulsifier molecules have one end that attracts water and one end that repels water. Those ends attract the appropriate substances and allow the components to remain combined. This increases the stability of the product and reduces the need for repeated mixing.

Question: 10

Which body system has primary control over the flow of blood through the body?

- A. The endocrine system
- B. The immune system
- C. The nervous system
- D. The circulatory system

Answer: D

Explanation:

The circulatory system has primary control over the flow of blood throughout the body. The major organs within this body system are the heart and blood vessels, which pump and carry blood to other areas of the body. The endocrine system regulates the release of hormones. The immune system protects the body from infection. The nervous system communicates messages from the brain to the rest of the body.

Question: 11

Which of the following is true of the endocrine system?

- A. It controls the body's hormone levels.
- B. It helps process toxins out of the body.
- C. It regulates oxygen in the blood.
- D. It controls the movement of extremities.

Answer: A

Explanation:

The endocrine system works to control the hormone levels in the body. The hormones that are controlled by the endocrine system determine many functions within the body, such as growth, total body health, and sexual development. The excretory system is responsible for processing out toxins and anything the body cannot use for energy. The circulatory system is responsible for oxygenating blood. The musculoskeletal system controls the body's movement.

Question: 12

Which of the following can be used on the skin to prevent the spread of infection?

- A. Antiseptics
- B. EPA-registered disinfectants
- C. Ammonia-based cleaners
- D. Diluted chlorine bleach

Answer: A

Explanation:

Antiseptics help prevent the spread of infection by killing microbes on the skin. Disinfectants, ammonia-based cleaners, and bleach solutions may be used to clean surfaces but should not be used on skin. Using those products on skin can lead to serious injury and illness.



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