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Question: 1

Which of the following conditions can be remedied with a salt scrub?

- A.Muscle fatigue
- B.Achy joints
- C.Fluid retention
- D.All of the above

Answer: D

Explanation:

Muscle fatigue, achy joints, and fluid retention can all be remedied with a salt scrub. This procedure increases circulation and produces a more even skin tone. There are commercial salt scrubs available, but it is easy to make a serviceable scrub with lavender oil carrier oil, and coarse sea salt. The feet should be moistened before being exfoliated with the salt scrub. Afterward, the feet should be rinsed with warm water and patted dry.

Question: 2

Which is the most common type of fingerprint pattern?

- A.Accidental
- B.Whorl
- C.Arch
- D.Looping

Answer: D

Explanation:

The loop is the most common type of fingerprint pattern. In the IWP pattern, all of the ridges begin on one side of the finger, extend to the other side, and then terminate back on the side on which they started. In an accidental pattern, the fingerprint seems to follow a random path which may include arches, loops, and whorls. In a whorl pattern, the ridges form a spiral covering the entire width of the finger. In an arch pattern, the ridges run from one side of the finger to the other, rising in the center.

Question: 3

Which of the following is the least sanitary way to dispense creams or lotions?

- A.Pump
- B.Spray
- C.Finger
- D.Disposable spatula

Answer: C

Explanation:

Using a finger is the least sanitary way to dispense creams or lotions.

Whenever possible, a nail technician should use a pump or spray for these products.

If these options are unavailable, the technician should use a disposable spatula

Using a finger to scoop out cream or lotion creates a very hospitable environment for bacteria

Question: 4

What is the most likely reason for blue nails?

- A.Injury
- B.Malnutrition
- C.Poor circulation
- D.Disease

Answer: C

Explanation:

The most likely reason for blue nails is poor circulation. This condition, as the name suggests, presents as nails with a blue or gray tinge. If a client has blue nails, it is likely that the nails will be thin and weak as well. A client with blue nails should not receive artificial nails, because the underlying nail will not be strong enough to support the enhancements. The best immediate treatment for blue nails is a vigorous hand massage, which will encourage greater circulation to the nails.

Question: 5

Which type of nail service is most likely to cause an allergic reaction?

- A.Nail enhancement
- B.Manicure
- C.Pedicure
- D.Paraffin wax treatment

Answer: A

Explanation:

Nail enhancement is the most likely service to cause an allergic reaction. The adhesive products required for nail enhancement are the most likely culprits when a client suffers a violent allergic reaction. To minimize the risk of such a reaction, the nail technician should keep his or her work area clean, and should never reuse

towels. If a liquid monomer is used in the enhancement, the technician should avoid placing this monomer in direct contact with the skin.

Question: 6

Which of these statements is true?

- A.Dorsal skin is more sensitive than volar skin.
- B.Volar skin is more flexible than dorsal skin.
- C.Volar skin is on the back of the hand, and dorsal skin is on the palm.
- D.Dorsal skin is on the back of the hand, and volar skin is on the palm.

Answer: D

Explanation:

Dorsal skin is on the back of the hand. and volar skin is on the palm. The volar skin is much more sensitive, but less flexible, than the dorsal skin, which needs to accommodate the movements of the hand bones. The dorsal skin is covered with fine hairs, but the volar skin is hairless. The volar skin does have a large number of sebaceous glands.

Question: 7

What should be used to remove the adhesive left behind by the guide strips used during a French manicure?

- A.Nail polish remover
- B.A cotton ball soaked in alcohol
- C.Lotion
- D.Soap and water

Answer: B

Explanation:

A cotton ball soaked in alcohol should be used to remove the adhesive left behind by the guide strips used during a French manicure. In a French manicure, the base of the nail is a different color than the tip. Nail technicians use guide strips to help them make the stripes at the tip of the nail a consistent size. However, the guide strips often leave behind a sticky adhesive residue. The best way to remove this adhesive is to soak a cotton ball in alcohol and gently rub it across the nail.



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