

Basic Esthetics Placement Test



THE INSTITUTE OF

Epidermal Cell Therapy

Name: _____

Date: _____

Score: _____



1. A person devoted to, or professionally occupied with, the health and beauty of the skin is a (an)
(a) nail technician (b) cosmetologist (c) esthetician (d) none of the above
2. _____ is the integration of surgical procedure and esthetic treatments.
(a) facials (b) medical esthetic (c) body treatments (d) none of the above
3. The impression projected by a person engaged in any profession, consisting of outward appearance and conduct exhibited in the workplace is
(a) professional image (b) personal hygiene (c) ethics (d) none of the above
4. Chemical agents that may kill, retard, or prevent the growth of bacteria are called
(a) personal hygiene (b) disinfectant (c) antiseptic (d) none of the above
5. The process of properly handling sterilized and disinfected equipments and supplies so that they do not become contaminated by microorganism until they are used on the client is
(a) aseptic procedures (b) autoclave (c) virus (d) sanitation
6. When a person is showing no signs or symptoms of infection it is called
(a) sick (b) asymptomatic (c) symptomatic (d) none of the above
7. _____ are disease causing bacteria or viruses that are carried through the body in the blood or body fluids.
(a) bloodbourne pathogens (b) infection (c) physiology (d) none of the above
8. Chemical agents used to destroy most bacteria and some viruses and to disinfect implements and surfaces are called
(a) sterilization (b) general infection (c) autoclave (d) none of the above
9. The virus that causes AIDS is called
(a) HPV (b) PPD (c) HIV (d) none of the above
10. The ability for the body to destroy any bacterial that have gained entrance to the body and to resist infection in general is called
(a) natural immunity (b) acquired immunity (c) immunity (d) none of the above
11. An infection that results when the bloodstream carries bacteria or viruses and their toxins to all parts of the body is called
(a) local infection (b) general infection (c) contagious (d) hepatitis
12. Information compiled by the manufacturer about its product, ranging from the ingredient content and associated hazards to combustion levels and storage requirements are called
(a) MSDS (b) data sheets (c) ingredient information (d) none of the above
13. _____ are microscopic plants or animal cells.
(a) viruses (b) bacteria (c) microorganisms (d) all of the above
14. _____ in a 5 percent dilute solution is used to sanitize metallic implements.
(a) microorganisms (b) quats (c) phenol (d) veins
15. _____ are disinfectants that are nontoxic, odorless and fast acting.
(a) microorganisms (b) quats (c) phenol (d) all of the above



16. Completely killing every organism on nonporous surfaces is called
(a) disinfection (b) sanitation (c) sterilization (d) all of the above
17. _____ are a set of guidelines and controls published by the CDC that require employer and employees to assume that all human blood and body fluids are infectious for HIV, HBV, and blood borne pathogens.
(a) universal precautions (b) connective tissue (c) MSDS (d) asymptomatic
18. One of the two upper chambers of the heart through which blood is pumped to the ventricles are the
(a) atrium (b) ventricles (c) pericardium (d) pulmonary trunk
19. The _____ nerve affects the external ear and skin above the temple, up to the top of the skull.
(a) temporal (b) posterior auricular (c) auriculotemporal (d) supraorbital
20. The middle part of a muscle is called the
(a) insertion (b) belly (c) origin (d) none of the above
21. The thin flat muscle of the cheek between the upper and lower jaw that compresses the cheeks and expels air between the lips is called
(a) masseter (b) orbicularis oris (c) buccinator (d) zygomaticus major
22. The _____ is the basic unit of all living things.
(a) atom (b) nucleus (c) mitosis (d) cell
23. The nerve that affects the side of the neck and the platysma muscle is the
(a) olfactory nerve (b) optical nerve (c) temporal nerve (d) cervical nerve
24. The group of specialized glands that affect the growth, development, sexual activities and health of the body make up the _____ system
(a) endocrine (b) digestive (c) respiratory (d) integumentary
25. Which bone sits between the eye sockets to help form part of the nasal cavity?
(a) temporal (b) parietal (c) ethmoid (d) sphenoid
26. The _____ cranial nerve is the sensory nerve of the face and controls chewing.
(a) fourth (b) fifth (c) sixth (d) seventh
27. The _____ is a U-shaped bone at the base of the tongue.
(a) hyoid (b) mandible (c) maxilla (d) zygomatic arch
28. _____ are secretions produced by one of the endocrine glands and carried by the bloodstream or body fluid to another part of the body.
(a) hormones (b) sebum (c) lymph (d) none of the above
29. _____ is the clear yellowish fluid that circulates in the lymph space of the body and carries waste and impurities away from the cells.
(a) hormones (b) sebum (c) lymph (d) none of the above



30. The small, thin bones located in the anterior medial wall of the eye sockets (orbits) are called
(a) nasal (b) lacrimal (c) zygomatic (d) maxillae
31. The parts of the muscle at the more movable attachment to the skeleton are called
(a) origin (b) insertion (c) belly (d) none of the above
32. _____ is the chemical process taking place in living organisms whereby the cells are nourished and carry out their activities.
(a) anabolism (b) metabolism (c) catabolism (d) none of the above
33. _____ is involuntary, visceral or smooth muscles that function automatically without conscious will.
(a) nonstriated (b) striated (c) cardiac (d) none of the above
34. _____ is structures composed of specialized tissue and performing specific functions.
(a) organ (b) body system (c) skeletal system (d) none of the above
35. The _____ is the part of the muscle that does not move.
(a) origin (b) insertion (c) belly (d) none of the above
36. Blood circulation from the heart to the lungs and back to the heart is called
(a) pulmonary circulation (b) general circulation (c) atrium (d) valves
37. The _____ facial nerve is the chief motor nerve of the face, emerging near the lower part of the ear.
(a) fifth (b) sixth (c) seventh (d) eleventh
38. The _____ enables breathing, supply body with oxygen and eliminating carbon dioxide.
(a) circulatory system (b) endocrine system (c) respiratory system (d) integumentary system
39. The _____ supplies blood to the upper eyelid and forehead.
(a) supraorbital artery (b) supraorbital vein (c) radial artery (d) infraorbital vein
40. The bones that form the sides of the head in the ear region are called
(a) occipital (b) temporal (c) ethmoid (d) maxillary
41. A collection of similar cells that perform a particular function are called
(a) organ system (b) organs (c) tissues (d) ventricles
42. The _____ is a barrier on the surface of the skin formed by sebum and sweat.
(a) alkalis (b) acid mantle (c) water (d) acids
43. Chemical combination of two or more atoms of different elements are called
(a) compound molecules (b) elemental molecules (c) mixtures (d) atoms
44. The combination of two or more substances united physically not chemically without a fixed composition and in any proportion is called a (an)
(a) compound molecules (b) elemental molecules (c) mixtures (d) atom
45. Substance that releases oxygen is called the
(a) redox (b) reduction (c) oxidizing substances (d) oxidizing reagent



46. Substances that act as a bridge to allow oil and water to mix or emulsify are called
(a) suspension (b) surfactants (c) emulsions (d) miscible
47. Highly concentrated plant oils that possess properties that have various effects on the skin are called
(a) animal oil (b) fatty acids (c) aromatherapy oils (d) all of the above
48. Fatty acids that have been exposed to hydrogen are called
(a) fatty alcohols (b) fatty esters (c) silicones (d) polyglucans
49. _____ is ingredients derived from yeast that help strengthen the immune system and stimulate the metabolism.
(a) fatty alcohols (b) fatty esters (c) silicones (d) polyglucans
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50. _____ Mineral based substances used in cosmetics as lightweight emollients or vehicles.
51. _____ The process used to soften and emulsify grease deposits and blackheads in the hair follicle.
52. _____ The use of constant and direct current having a positive and negative pole and producing chemical changes when it passes through the tissues and fluids of the body.
53. _____ is the application of light rays to the skin for the treatment of disorders.
54. _____ Thermal or heat producing current with a high rate of oscillation or vibration
- (a) desincrustation
(b) galvanic current
(c) light therapy
(d) silicone
(e) Telsa high frequency current
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55. _____ is a combination of all the visible rays of the spectrum.
56. _____ The lipid matrix that protects the skin's surface.
57. _____ Hydrating fluids found between the fibers in the reticular layer.
58. _____ Lipids which protect the cells from the water loss and provide hydration.
59. _____ Fiber protein that provides resiliency and protection to the skin.
- (a) barrier function
(b) hyaluronic acid
(c) intercellular cement
(d) keratin
(e) white light
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60. ____ Aging rays that contribute 90 to 95 percent of sun rays.
61. ____ Burning rays that cause tanning of the skin, affecting the melanocytes.
62. ____ Which vitamin aids in the function and repair of the skin?
63. ____ Dry, scaly skin from the sebum deficiency which can be due to aging, body disorders, alkalis of harsh soaps, or cold exposure.
64. ____ The most common and least severe skin cancer.
- (a) asteatosis
(b) basal cell carcinoma
(c) UVA
(d) UVB
(e) vitamin A
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65. ____ A closed abnormally developed sac containing fluid, infection or other matter above or below the skin.
66. ____ Thick scar resulting from excessive growth of fibrous tissues.
67. ____ A thickening of the skin caused by mass keratinized cells is called
68. ____ Hyperpigmentation caused by hormonal changes and can fade with time.
69. ____ The heredity factor in which dead skin cells do not shed from the follicles as they do on normal skin is called
- (a) cyst
(b) hyperkeratosis
(c) keloid
(d) melasma
(e) retention hyperkeratosis
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70. ____ Solidified impactions of oil without the cell matter.
71. ____ Severe oiliness of the skin.
72. ____ The swelling of an abnormal cell mass resulting from excessive cell multiplication, varying in size, shape, and color.
73. ____ An itchy, swollen lesion caused by a blow, insect bite, skin allergy reaction or sting.
74. ____ Distended capillaries from weakening of the capillary walls.
- (a) couperous skin
(b) sebaceous filament
(c) seborrhea
(d) tumor
(e) wheal



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75. ____ White, colorless areas from lack of pigment.
76. ____ Occlusion of the skin from heavier products to keep moisture in the skin.
77. ____ Draws impurities to the surface as it dries up.
78. ____ Helps to support the immune system, as well as prevent infection and has healing properties.
79. ____ Water based products containing a humectant mixed with some abrasive agent, such as almond meal or polyethylene granules.
- (a) clay mask
(b) echinacea
(c) exfoliants
(d) hypopigmentation
(e) occlusive
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80. ____ Hydrophilic agent with excellent water-binding properties.
81. ____ Components of serum that helps a serum penetrate deeply into the body.
82. ____ Emollient, cleanser, and demulsifier of dirt trapped in pores.
83. ____ Credited with moisturizing, astringent, tonic and deodorant properties.
84. ____ A betahydroxy acid with exfoliating and antiseptic properties are called
- (a) hyaluronic acid
(b) lipids
(c) mineral oil
(d) rose
(e) salicylic acid
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85. ____ Known for its humectants and moisturizing properties, vitamin content, metabolism, stimulation and detoxification and aiding skin firmness.
86. ____ Obtained from shark liver oil and found in human sebum.
87. ____ Has soothing and antiseptic antifungal properties.
88. ____ Used to protect, soothe, heal the skin, and provides an excellent barrier to the sun and other irritants.
89. ____ Tools used by estheticians.
- (a) Zinc oxide
(b) seaweed
(c) implements
(d) tea tree
(e) squalene



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90. ____ A soft, continuous stroking movement applied with the fingers and palms in a slow rhythmic manner.
91. ____ Chucking, rolling, and wringing are variations of
92. ____ A kneading movement that stimulates the underlying tissues.
93. ____ Fast tapping, slapping, and hacking movement.
94. ____ An apparatus that utilizes alternating or sinusoidal current to produce a mild to strong heat effect.
- (a) high-frequency machine
(b) friction
(c) effleurage
(d) tapotement
(e) petrissage

