



ESTHETICS - COMBINED PRACTICE
THEORY EXAMINATION

CANDIDATE INFORMATION BULLETIN

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The Esthetics - Combined Practice theory examination is the national licensure examination for Combined Practice Estheticians, which is developed and administered by the National-Interstate Council of State Boards of Cosmetology (NIC). This Candidate Information Bulletin includes the content outline covered by the NIC Esthetics - Combined Practice theory examination, sample questions and answers. The time allowed for the Esthetics - Combined Practice theory examination is 180 minutes.

**SCIENTIFIC
CONCEPTS
55%**

**Sanitation and Infection
Control Procedures**

- ◇ Microbiology
- ◇ Methods of infection control
- ◇ Levels of infection control
- ◇ Safety procedures

**Knowledge of Human
Physiology and Anatomy**

- ◇ Cells
 - Structure
 - Growth and reproduction
- ◇ Tissues
- ◇ Organs and their functions
- ◇ Systems and their functions

**Knowledge of Skin
Histology**

- ◇ Structure and function of the layers of the skin
 - Epidermis
 - Dermis
 - Subcutaneous
- ◇ Glands
 - Sebaceous
 - Sudoriferous
- ◇ Functions of the skin
 - Protection
 - Sensation
 - Temperature regulation
 - Excretion
 - Secretion
 - Absorption

Composition of Hair

- ◇ Structure
- ◇ Growth

**Knowledge of Skin
Conditions, Disorders, and
Diseases**

- ◇ Disorders of the sebaceous gland
- ◇ Disorders of the sudoriferous gland
- ◇ Contagious diseases
- ◇ Skin inflammations
- ◇ Skin pigmentation
- ◇ Skin growths
- ◇ Skin cancers
- ◇ Skin lesions

**Knowledge of Chemistry
Including the Composition
and Purpose of Cosmetic
Products**

- ◇ Labeling
- ◇ Ingredients
- ◇ Function
- ◇ Acidity/Alkalinity

**Knowledge of Factors that
Affect the Skin**

**Knowledge of Medical
Terminology**

**Knowledge of Principles of
Electricity**

**SKIN CARE AND
SERVICES
45%**

**Knowledge of Purpose and
Procedures for Skin
Analysis**

- ◇ Consultation
- ◇ Contraindications for skin services
- ◇ Skin typing/classification
- ◇ Documentation
- ◇ Treatment

**Knowledge of Purpose and
Procedures for Facial
Treatments**

- ◇ Cleansing
- ◇ Steaming
- ◇ Exfoliation
 - Chemical
 - Physical/Mechanical
- ◇ Use of masks
- ◇ Massage manipulations and moisturizing
- ◇ Extraction procedures
- ◇ LED
- ◇ Microdermabrasion
- ◇ Ultrasonic
- ◇ Microcurrent
- ◇ High frequency
- ◇ Galvanic
- ◇ Lymphatic drainage

**Knowledge of Purpose and
Procedures for Hair
Removal**

**Knowledge of Purpose and
Procedures for Body
Treatments**

**Knowledge of Makeup
Application**

**Knowledge of Purpose and
Procedures Related to
Pre/Post-Operative
Treatments**

SAMPLE QUESTIONS

The following sample questions are similar to those on the NIC Esthetics - Combined Practice Theory Examination. Each question is followed by four answer choices. Only one choice is correct. Correct answers are listed following the sample questions.

1. Melanocytes, Merkel cells, and Langerhans cells are found in
 - a. adipose tissue.
 - b. liquid tissue.
 - c. epithelial tissue.
 - d. endothelial tissue.
2. A gland associated with a hair follicle is
 - a. sebaceous.
 - b. endocrine.
 - c. eccrine.
 - d. adrenal.
3. During the anagen phase of hair growth, the hair is
 - a. beginning to destroy itself.
 - b. actively growing.
 - c. shedding.
 - d. disconnecting from the papilla.
4. Prior to receiving a chemical peel, a client predisposed to herpes simplex should begin a prescribed treatment of
 - a. Renova®.
 - b. an antibiotic.
 - c. Retin A®.
 - d. an antiviral.

5. A product used to dilute an essential oil is known as
 - a. a carrier.
 - b. a surfactant.
 - c. an ointment.
 - d. a humectant.
6. Systemic hyaluronic acid is a strong water-binder that helps retain fluid content in the
 - a. corpuscles.
 - b. dermis.
 - c. stratum corneum.
 - d. lymph.
7. Melanocytes that are more active will produce
 - a. lighter skin.
 - b. darker skin.
 - c. sebaceous skin.
 - d. dry skin.
8. Acrochordons are also referred to as
 - a. actinic keratosis.
 - b. skin tags.
 - c. miliaria rubra.
 - d. age spots.
9. A product containing antiseptic reaches what level of decontamination?
 - a. Disinfection
 - b. Sterilization
 - c. Ionization
 - d. Sanitation
10. A face lift is also referred to as a
 - a. rhinoplasty.
 - b. blepharoplasty.
 - c. rhytidectomy.
 - d. submandibular lipectomy.
11. The first step of every body treatment protocol is
 - a. deep breathing.
 - b. gentle stroking.
 - c. dry brushing.
 - d. sanitize hands.
12. Which of the following is also referred to as the basal layer?
 - a. Stratum granulosum
 - b. Stratum lucidum
 - c. Stratum germinativum
 - d. Stratum corneum
13. A new client schedules for a series of chemical exfoliation treatments. When should the consultation form be reviewed and signed?
 - a. Monthly
 - b. Annually
 - c. At the first treatment
 - d. At each treatment
14. Dilated capillaries that can be seen beneath the surface of the skin are known as
 - a. seborrhea.
 - b. keratoma.
 - c. telangectasia.
 - d. dehydrated.
15. In addition to softening sebum, another function of a facial steamer is to
 - a. oxygenate the skin.
 - b. moisturize the skin.
 - c. decrease circulation.
 - d. detoxify the skin.

**ESTHETICS-COMBINED
PRACTICE
REFERENCES**

Milady Standard Esthetics Advanced
2013 2nd Edition
Judith Culp, et. al.
Milady
5 Maxwell Drive
Clifton Park NY 12065-2919
www.milady.cengage.com

Milady's Standard Esthetics: Fundamentals
2013, 11th Edition
Joel Gerson
Milady
5 Maxwell Drive
Clifton Park NY 12065-2919
www.milady.cengage.com

Salon Fundamentals Esthetics – A Resource for Your Skin Care Career
2007, 11th printing, 2nd Edition,
August 2013
Pivot Point International, Inc.
World Headquarters
1560 Sherman Avenue, Suite 700
Evanston, IL 60201
800-886-4247
www.pivot-point.com

Skin Care Beyond the Basics
2012 4th Edition
Mark Lees
Milady
5 Maxwell Drive
Clifton Park NY 12065-2919
www.milady.cengage.com

NIC Infection Control and Safety Standards
Adopted 1998: Revised October 2002, Revised August 2014
National-Interstate Council of State Boards of Cosmetology
[http://nictesting.org/membership/NIC_Health_&_Safety_Standards- Aug 2014.pdf](http://nictesting.org/membership/NIC_Health_%26_Safety_Standards-Aug_2014.pdf)

Answers				
1. c	4. d	7. b	10. c	13. d
2. a	5. a	8. b	11. d	14. c
3. b	6. b.	9. d	12. c	15. a