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.

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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 Facial Treatments
◊ Cleansing
◊ Steaming
◊ Exfoliation
◊ Use of masks
◊ 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. 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. telangiectasia.
    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.

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