



NATIONAL ADVANCED ESTHETICS  
WRITTEN EXAMINATION

CANDIDATE INFORMATION BULLETIN

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The National Advanced Esthetics examination is the national licensure examination for Advanced 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 National Advanced Esthetics examination, sample questions and answers. The time allowed for the Advanced Esthetics written examination is 90 minutes.

**SCIENTIFIC  
CONCEPTS  
40%**

**Sanitation and Infection  
Control Procedures**

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

**Advanced Knowledge of  
Human Physiology and  
Anatomy**

- ◇ Cells
- ◇ Tissues
- ◇ Organs
- ◇ Body systems and their functions

**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

**Advanced Knowledge of  
Skin Conditions and  
Disorders**

**Chemistry**

**Cosmetic Ingredients**

**Factors that Affect the  
Skin**

**Dermatological Terms**

**Plastic Surgery Terms**

**SERVICES  
60%**

**Skin Analysis**

- ◇ Consultation
- ◇ Skin typing/classification
- ◇ Documentation
- ◇ Treatment

**Exfoliation Methods**

- ◇ Chemical
- ◇ Physical/mechanical

**Electricity and Use of  
Various Electrical  
Equipment**

- ◇ Types of electrical current
- ◇ Principals of electricity
- ◇ Advanced electrical equipment
- ◇ Contraindications and electrical equipment safety

**Advanced Methods of  
Hair Removal**

- ◇ Laser
- ◇ Light

**Advanced Facial  
Treatments**

**Advanced Body  
Treatments**

**Lymphatic Drainage**

**Pre/Post Operative  
Treatments**

**SAMPLE QUESTIONS**

The following sample questions are similar to those on the NIC Advanced Esthetics Written 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. The medical term for wrinkle is
  - a. fold.
  - b. rhytid.
  - c. gene.
  - d. depression.
4. The simplest form of a chemical is known as
  - a. an element.
  - b. a molecule.
  - c. an atom.
  - d. a compound.
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. Acrochordons are also referred to as
  - a. actinic keratosis.
  - b. skin tags.
  - c. miliaria rubra.
  - d. age spots.
8. A face lift is also referred to as a
  - a. rhinoplasty.
  - b. blepharoplasty.
  - c. rhytidectomy.
  - d. submandibular lipectomy.
9. 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.
10. The first step of every body treatment protocol is
  - a. deep breathing.
  - b. gentle stroking.
  - c. dry brushing.
  - d. sanitize hands.

**Answers**

- |      |      |      |       |
|------|------|------|-------|
| 1. c | 4. a | 7. b | 10. d |
| 2. a | 5. a | 8. c |       |
| 3. b | 6. b | 9. d |       |

**ADVANCED ESTHETICS  
REFERENCES**

*Advanced Face and Body  
Treatments for the Ed., 2006*

Milady  
5 Maxwell Drive  
Clifton Park, NY 12065  
(800) 347-7707  
[www.Milady.com](http://www.Milady.com)

*Microdermabrasion, Ed., 2006*

Milady  
5 Maxwell Drive  
Clifton Park, NY 12065  
(800) 347-7707  
[www.Milady.com](http://www.Milady.com)

*Milady's Hair Removal  
Techniques Ed., 2004*

Milady  
5 Maxwell Drive  
Clifton Park, NY 12065  
(800) 347-7707  
[www.Milady.com](http://www.Milady.com)

*Milady's Standard  
Comprehensive Training for  
Estheticians Ed., 2003*

Milady  
5 Maxwell Drive  
Clifton Park, NY 12065  
(800) 347-7707  
[www.Milady.com](http://www.Milady.com)

*Milady's Standard  
Fundamentals for Estheticians  
Ed., 2004*

Milady  
5 Maxwell Drive  
Clifton Park, NY 12065  
(800) 347-7707  
[www.Milady.com](http://www.Milady.com)

*Peels and Peeling Agents  
Ed., 2006*

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5 Maxwell Drive  
Clifton Park, NY 12065  
(800) 347-7707  
[www.Milady.com](http://www.Milady.com)

*Salon Fundamentals Esthetics  
A Resource for Your Skin Care  
Career, 2004*

Pivot Point International, Inc.  
Evanston, IL 60201  
(800) 866-4247  
[www.pivot-point.com](http://www.pivot-point.com)

*Skin Care: Beyond the Basics  
Ed., 2001*

Milady  
5 Maxwell Drive  
Clifton Park, NY 12065  
(800) 347-7707  
[www.Milady.com](http://www.Milady.com)

*The Clinical Esthetician  
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5 Maxwell Drive  
Clifton Park, NY 12065  
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*NIC Health and Safety  
Standards*

NIC, Inc., October 2002  
[www.nictesting.org](http://www.nictesting.org)