



NATIONAL ADVANCED ESTHETICS (AP)
WRITTEN EXAMINATION

CANDIDATE INFORMATION BULLETIN

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The National Advanced Esthetics (AP) 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 (AP) 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
(AP)
REFERENCES**

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

Milady
5 Maxwell Drive
Clifton Park, NY 12065
(800) 347-7707
www.Milady.com

Microdermabrasion, Ed., 2006

Milady
5 Maxwell Drive
Clifton Park, NY 12065
(800) 347-7707
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*Milady's Hair Removal
Techniques Ed., 2004*

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5 Maxwell Drive
Clifton Park, NY 12065
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*Milady's Standard
Comprehensive Training for
Estheticians Ed., 2003*

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5 Maxwell Drive
Clifton Park, NY 12065
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Fundamentals for Estheticians
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5 Maxwell Drive
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*Peels and Peeling Agents
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5 Maxwell Drive
Clifton Park, NY 12065
(800) 347-7707
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*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

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

Milady
5 Maxwell Drive
Clifton Park, NY 12065
(800) 347-7707
www.Milady.com

*The Clinical Esthetician
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Clifton Park, NY 12065
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www.Milady.com

*NIC Health and Safety
Standards*

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