



Advanced Esthetics (AP) Candidate Briefing and Verbal Instructions

At the beginning of the examination, please read the following statements:

“Good morning/afternoon. On behalf of the National Interstate Council of State Boards of Cosmetology, we would like to welcome you.

All candidates participating in the practical examination will be given the same instructions.

Talking with other candidates or the examiners is strictly prohibited. Examiners are NOT allowed to answer any questions.

Candidates are responsible for having all the needed supplies and are evaluated at ALL times.

*Restrooms are located _____; drinking water is located _____.
Emergency exits are located _____.*

Once the examination has started, you may only leave the testing area with permission. Please raise your hand for assistance. You will need to sign out, and sign back in. The examination will continue and you will NOT be given extra time. Only one candidate may leave at a time. If you have an emergency situation please ask for the supervisor.

Cellular phones, pagers, and electronic devices are NOT permitted in the examination room. If it is discovered that you have any electronic device, you will be dismissed immediately and your actions will be reported to the proper authorities.

Please take notice that the NIC Health and Safety Standards are posted in the event of a blood spill.

All verbal instructions will be read twice. Once you have completed all tasks please indicate that you are finished.”

Examiners may make the following statements when needed during the examination:

- ***“Do as you were taught.”***
- ***“Do the best you can with what you have available.”***
- ***“Please continue demonstrating.”***



SETUP AND CLIENT PROTECTION
(10 minutes)

Verbal Instructions:

“You will now set up the general supplies that you will use throughout your examination.”

“You will also set up the cleansing supplies and perform proper draping.”

“You will be observed for client protection, safety and infection control procedures.”

“You will have 10 minutes to complete this section.”

“You will be informed when you have 5 minutes remaining.”

(1) *“The instructions will be repeated.”*

(2) *“You may begin set up.”*

Note to examiners: Please read the following statement if all candidates have stepped back to indicate that they have completed the section before the timing has elapsed:

“All candidates have stepped back to indicate that they have completed this section of the examination, we will now proceed to the next section of the examination.”



CLEANSING THE FACE (10 minutes)
--

Verbal Instructions:

“You will now perform the cleansing the face section of this examination.”

“You will be observed for client protection, safety and infection control procedures.”

“You will have 10 minutes to complete this section.”

“You will be informed when you have 5 minutes remaining.”

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

Note to examiners: Please read the following statement if all candidates have stepped back to indicate that they have completed the section before the timing has elapsed:

“All candidates have stepped back to indicate that they have completed this section of the examination, we will now proceed to the next section of the examination.”



<p style="text-align: center;">MANUAL LYMPHATIC DRAINAGE (10 minutes)</p>

Verbal Instructions for Set Up:

“You have 2 minutes to remove the supplies from your kit for the Manual Lymphatic Drainage section of this examination. Please do not begin any procedures until the verbal instructions have been read and you are instructed to begin. You may begin set up.”

Verbal Instructions:

“You will now perform the Manual Lymphatic Drainage section of this examination.”

“You will be observed for client protection, safety and infection control procedures.”

“You will be given 10 minutes to complete this section.”

“You will be informed when you have 5 minutes remaining.”

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

Note to examiners: Please read the following statement if all candidates have stepped back to indicate that they have completed the section before the timing has elapsed:

“All candidates have stepped back to indicate that they have completed this section of the examination, we will now proceed to the next section of the examination.”



<p style="text-align: center;">ULTRASONIC EXFOLIATION TREATMENT (10 minutes)</p>
--

Verbal Instructions for Set Up:

“You have 2 minutes to remove the supplies from your kit for the Ultrasonic Exfoliation Treatment section of this examination. Please do not begin any procedures until the verbal instructions have been read and you are instructed to begin. You may begin set up.”

Verbal Instructions:

“You will now perform the Ultrasonic Exfoliation Treatment section of this examination.”

“You will be observed for client protection, safety and infection control procedures.”

“You will be given 10 minutes to complete this section.”

“You will be informed when you have 5 minutes remaining.”

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

Note to examiners: Please read the following statement if all candidates have stepped back to indicate that they have completed the section before the timing has elapsed:

“All candidates have stepped back to indicate that they have completed this section of the examination, we will now proceed to the next section of the examination.”



**JESSNER'S OR 20% BHA Chemical Peel
(10 minutes)**

Verbal Instructions for Set Up:

"You have 2 minutes to remove the supplies from your kit for the Jessner's or 20% BHA Chemical Peel section of this examination. Please do not begin any procedures until the verbal instructions have been read and you are instructed to begin. You may begin set up."

Verbal Instructions:

"You will now perform the Jessner's or 20% BHA Chemical Peel section of this examination."

"You will be observed for client protection, safety and infection control procedures."

"Upon completion of this section, you will be instructed by your examiner to remove any residue from the face."

"You will be given 10 minutes to complete this section."

"You will be informed when you have 5 minutes remaining."

(1) *"The instructions will be repeated."*

(2) *"You may begin."*

Note to examiners: Please read the following statement if all candidates have stepped back to indicate that they have completed the section before the timing has elapsed:

"All candidates have stepped back to indicate that they have completed this section of the examination, we will now proceed to the next section of the examination."



<p style="text-align: center;">Particle Microdermabrasion (10 minutes)</p>
--

Verbal Instructions for Set Up:

“You have 2 minutes to remove the supplies from your kit for the Particle Microdermabrasion section of this examination. Please do not begin any procedures until the verbal instructions have been read and you are instructed to begin. You may begin set up.”

Verbal Instructions:

“You may now remove any residual product at this time.”

“You will now perform the Particle Microdermabrasion section of this examination.”

“You will be observed for client protection, safety and infection control procedures.”

“You will be given 10 minutes to complete this section.”

“You will be informed when you have 5 minutes remaining.”

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

Note to examiners: Please read the following statement if all candidates have stepped back to indicate that they have completed the section before the timing has elapsed:

“All candidates have stepped back to indicate that they have completed this section of the examination, we will now proceed to the next section of the examination.”



<p style="text-align: center;">Advanced Facial Treatment-LED (10 minutes)</p>

Verbal Instructions for Set Up:

“You have 2 minutes to remove the supplies from your kit for the LED section of this examination. Please do not begin any procedures until the verbal instructions have been read and you are instructed to begin. You may begin set up.”

Verbal Instructions:

“You will now perform the LED section of this examination.”

“You will be observed for client protection, safety and infection control procedures.”

“You will be given 10 minutes to complete this section.”

“You will be informed when you have 5 minutes remaining.”

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

Note to examiners: Please read the following statement if all candidates have stepped back to indicate that they have completed the section before the timing has elapsed:

“All candidates have stepped back to indicate that they have completed this section of the examination, we will now proceed to the next section of the examination.”



<p style="text-align: center;">Electricity and Electrical Current-Microcurrent (10 minutes)</p>

Verbal Instructions for Set Up:

“You have 2 minutes to remove the supplies from your kit for the Microcurrent section of this examination. Please do not begin any procedures until the verbal instructions have been read and you are instructed to begin. You may begin set up.”

Verbal Instructions:

“You will now perform the Microcurrent section of this examination.”

“You will be observed for client protection, safety and infection control procedures.”

“You will be given 10 minutes to complete this section.”

“You will be informed when you have 5 minutes remaining.”

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

Note to examiners: Please read the following statement if all candidates have stepped back to indicate that they have completed the section before the timing has elapsed:

“All candidates have stepped back to indicate that they have completed this section of the examination, we will now proceed to the next section of the examination.”



<p style="text-align: center;">Advanced Body Treatment-Dry Exfoliation and Mud or Seaweed Mask (15 minutes)</p>
--

Verbal Instructions for Set Up:

“You have 2 minutes to remove the supplies from your kit for the Dry Exfoliation and Mud or Seaweed Mask section of this examination. Please do not begin any procedures until the verbal instructions have been read and you are instructed to begin. You may begin set up.”

Verbal Instructions:

“You will now perform the Dry Exfoliation and Mud or Seaweed Mask section of this examination.”

“You will be observed for client protection, safety and infection control procedures.”

“You will be given 15 minutes to complete this section.”

“You will be informed when you have 8 minutes remaining.”

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

Note to examiners: Please read the following statement if all candidates have stepped back to indicate that they have completed the section before the timing has elapsed:

“All candidates have stepped back to indicate that they have completed this section of the examination, we will now proceed to the next section of the examination.”



<p style="text-align: center;">CANDIDATE SUMMARY AND FINAL CLEANUP</p>

At the conclusion of the examination, please read the following statements:

“This concludes the national practical examination. Please make sure that all kit supplies and disposable materials are taken with you. Please do not dispose of waste materials, chemicals, or water in the trash receptacles or restrooms as they are unable to accommodate all waste materials from every candidate that takes the examination.”