



NATIONAL ESTHETICS
WRITTEN EXAMINATION

CANDIDATE INFORMATION BULLETIN

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

**SCIENTIFIC
CONCEPTS
60 %**

**Sanitation and Infection
Control**

- ◇ Microbiology
 - Pathogenic & non-pathogenic bacteria
 - Viruses
 - Animal and plant parasites (e.g., lice, fungi)
- ◇ Levels of infection control
 - Sanitation
 - Disinfection
 - Sterilization
- ◇ Methods of infection control
- ◇ Safety procedures
 - OSHA bloodborne pathogen standards
 - Material Safety Data Sheets (MSDS)
 - Blood spill procedures

**Human Physiology and
Anatomy**

- ◇ Cells
 - Structure
 - Growth & reproduction
- ◇ Tissues
- ◇ Organs
- ◇ Systems and their functions
 - Skeletal
 - Muscular
 - Nervous
 - Vascular/circulatory

**Integumentary System
and 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

**Disorders of the Sebaceous
and Sudoriferous Glands**

**Skin Conditions,
Disorders, and Diseases**

- ◇ Inflammation and rashes
- ◇ Pigmentation
- ◇ Skin growths and lesions

**Hair, Follicle, and its
Growth Cycle**

Basic Chemistry

- ◇ Acidity/Alkalinity (pH)
- ◇ Organic and inorganic

Skin Care Products

- ◇ Ingredients
- ◇ Composition

**Factors that Affect the
Skin**

- ◇ Intrinsic factors
- ◇ Extrinsic factors

**ESTHETICS
PRACTICES
40 %**

**Skin Analysis and
Implementation
Procedures related to
Consultation,
Documentation, and
Treatment**

- ◇ Client consultation
- ◇ Draping

- ◇ Skin analysis
 - Skin types
 - Fitzpatrick Scale
- ◇ Treatment protocol and contraindications
- ◇ Documentation

**Product Application and
Removal Procedures**

Cleansing Procedures

Steaming Procedures

Exfoliation Procedures

- Chemical
- Physical

Extraction Procedures

**Massage Manipulations
and Their Effects**

- ◇ Effleurage
- ◇ Petrissage
- ◇ Friction
- ◇ Tapotement
- ◇ Vibration
- ◇ Dr. Jacquet

**Appropriate Use for
Masks**

**Electricity and Use of
Electrical Devices**

Hair Removal Procedures

**Color Theory and Makeup
Application**

**General Knowledge of
Specialized Services**

- ◇ Face and body treatments (e.g., body wraps, aromatherapy, body scrubs, lymphatic drainage, reflexology, camouflage makeup, hydrotherapy)
- ◇ Terminology related to cosmetic procedures

SAMPLE QUESTIONS

The following sample questions are similar to those on the NIC 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. What is the term for the scientific study of the skin?
 - a. Myology
 - b. Angiology
 - c. Physiology
 - d. Dermatology
2. A product containing antiseptic reaches what level of decontamination?
 - a. Disinfection
 - b. Sterilization
 - c. Ionization
 - d. Sanitation
3. Which of the following is also referred to as the basal layer?
 - a. Stratum granulosum
 - b. Stratum lucidum
 - c. Stratum germinativum
 - d. Stratum corneum
4. 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.

**ESTHETICS
REFERENCES**

5. A new client schedules for a series of chemical exfoliation treatments. When should the consultation form be reviewed and signed?
- Monthly
 - Annually
 - At the first treatment
 - At each treatment
6. Dilated capillaries that can be seen beneath the surface of the skin are known as
- seborrhea.
 - keratoma.
 - telangectasia.
 - dehydrated.
7. Melanocytes that are more active will produce
- lighter skin.
 - darker skin.
 - sebaceous skin.
 - dry skin.
8. In addition to softening sebum, another function of a facial steamer is to
- oxygenate the skin.
 - moisturize the skin.
 - decrease circulation.
 - detoxify the skin.

Milady's Standard Fundamentals for Estheticians 10th Ed., 2009
 Milady
 5 Maxwell Drive
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www.Milady.com

Salon Fundamentals Esthetics 2007, 2005, 2004, 2002
 Pivot Point International, Inc.
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Milady's Standard Fundamentals for Estheticians 9th Ed., 2004, 2003
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Modern Esthetics, Gambino 1992
 Milady
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Milady's Standard Cosmetology, 2004
 Milady
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NIC Health and Safety Standards
 NIC, Inc., October 2008
www.nictesting.org

- Answers**
- d
 - d
 - c
 - b
 - d
 - c
 - b
 - a