The National Advanced Esthetics (AP) theory 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 theory 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**

### SERVICES 60%

**Factors that Affect the Skin**

**Dermatological Terms**

**Plastic Surgery Terms**

### SAMPLE QUESTIONS

The following sample questions are similar to those on the NIC Advanced Esthetics 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. 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. rhinoplasty.
   d. submandibular liposuction.

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
PRIMARY REFERENCES (formerly referred to as Esthetics-AP References)

*Milady Standard Esthetics Advanced*
2013 2nd Edition
Efrain Arroyave, MD, Anne Beauchamp, Linda Bertaut, et al
Milady
5 Maxwell Drive
Clifton Park NY 12065-2919
www.milady.cengage.com

*Skin Care Beyond the Basics*
2012 4th Edition
Mark Lees
Milady
5 Maxwell Drive
Clifton Park NY 12065-2919
www.milady.cengage.com

NIC Infection Control and Safety Standards
National-Interstate Council of State Boards of Cosmetology

SUPPORTING REFERENCES (formerly referred to as Optional References)

*Skin Care: Beyond the Basics*
2007 3rd Edition
Mark Lees
Milady
5 Maxwell Drive
Clifton Park NY 12065-2919
www.milady.cengage.com

*Milady's Standard Esthetics Advanced*
2010, 1st Edition
Efrain Arroyave, Linda Bertaut, Helen Bickmore, et al
Milady
5 Maxwell Drive
Clifton Park NY 12065-2919
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