

ESTHETICIAN EXAMINATION PACKET

**PLEASE READ THE EXAMINATION PACKET AND COMPLETE
THE MODEL RELEASE FORM BEFORE YOU COME TO THE
EXAM SITE.**

The Board of Barbers and Hairdressers allows individuals taking the practical exam and their models to bring bottled water in a sealable container into the exam site.



STATE OF ALASKA
DEPARTMENT OF
COMMERCE
COMMUNITY AND
ECONOMIC DEVELOPMENT

Division of Corporations, Business and Professional Licensing

Sean Parnell, Governor
Susan Bell, Commissioner
Don Habeger, Director

PO Box 110806, Juneau, AK 99811-0806

Telephone: (907) 465-2534 Fax: (907) 465-2974 Website: www.commerce.state.ak.us/occ

RELEASE FORM

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____

TELEPHONE NO.: _____

AGE (if under 18): _____

Model must be at least 15 years of age.

Children under 15 years of age are not allowed into the exam site.

I hereby release members of the State Board Barbers and Hairdressers and the State of Alaska from any liabilities incurred as a result of my volunteering to act as a model during the practical portion of the State Board of Barbers and Hairdressers examination. I also authorize the examinee, for whom I am volunteering my services as model, to perform the required skills to complete the practical portion of the State examination.

Further, I am not trained or licensed in the field of Barbering, Hairdressing, or Esthetics; I am not a student or apprentice in the field.

If the model is under 18, the parent or legal guardian must also sign this release form.

Parent/Guardian
(if model is under 18)

Signature

DATE: _____

STATION NO.: _____

**STATE OF ALASKA BOARD OF BARBERS AND
HAIRDRESSERS**

**EXAMINATION INSTRUCTIONS FOR
BARBER
HAIRDRESSER
ESTHETICIAN**

The following are instructions for the examination for which you have been scheduled.

Please bring picture identification to show the examiner when registering.

Enclosed are:

1. What to expect at the Practical Exam
2. Instructions for each exam
3. A List of Supplies which are necessary for the practical exam
4. A sample Score Sheet which will be used at the practical exam
5. A sample of the Written Examination
6. Blood Spill Procedure/Infection Control

Models are to be provided by the student. A model for the practical examination may not be a licensed barber, hairdresser, esthetician, student, or shop apprentice (Regulation 12 AAC 09.035(e)). The model must be at least 15 years of age. If your model is under the age of 18, the parent or legal guardian must sign a Release Form. Please inform your model that the haircut portion of the exam takes up to three hours. The model may be required to show proof of age, i.e., picture ID.

If you arrive at the examination without the required release form for your model (if model is under 18), you will not be allowed to take the portion of the examination that requires a model. Models cannot be younger than 15 years of age.

The department will assign each exam applicant a number by which he/she is identified during the examination. No applicant may reveal his/her identity to an examiner until grading has been completed by the examiners. No applicant may make any reference orally or in writing to an examiner about any school of barbering, hairdressing, or esthetics, or present licenses held until grading has been completed by the examiners. No equipment, supplies, apparel, or items which are to be turned in or used for the examination may identify the applicant, except by the number assigned by the department. (Regulation 12 AAC 09.020)

No applicant may leave the practical examination site or the written examination site while the examination is being conducted without permission of an examiner. Absolutely, no talking during the exam. Any attempt by a school owner, instructor, or any person to communicate with or help an applicant in any way while taking the examination, or any attempt by an applicant to secure information from another applicant will disqualify the applicant from completing the examination. (Regulation 12 AAC 09.025)

NOTE: NO FOREIGN LANGUAGE INTERPRETERS are allowed in the written or practical examination room.

Children under 15 years of age are not allowed into the exam site.

YOU MUST BE ON TIME FOR YOUR EXAMINATION.

+ BRING THIS PACKET TO THE EXAMINATION -- VERY IMPORTANT!

WHAT TO EXPECT AT THE PRACTICAL EXAM

1. Applicants sign in and provide picture identification.
2. Applicants must wear clean and neat uniform type smocks.
3. Applicants will be assigned a station and identified by a number.
4. Applicants and your model and NOT allowed to leave the station area unless instructed by the examiner.
5. There will be NO smoking or gum chewing by applicants or your model.
6. Applicants will be given Instruction Cards at your assigned station to follow during the exam.
7. The examiner will tell the applicant which instruction card to use at the appropriate time and each operation will be timed accordingly.
8. If the applicant does not complete the operation in the specified time, the applicant will be graded on what the applicant has completed.
9. Examiner will not talk to applicants other than to give procedural instructions and ask questions during your explanation time.
10. Examiners will not teach or do demonstrations.
11. Examiners will be walking around the exam area observing all applicants. Do not be alarmed if the examiners do not watch applicants perform every step of an operation. The examiners will grade applicants based on their final product.
12. Examiners will instruct applicants when your model may be dismissed. The model must leave the premises at that time.
13. When applicants have completed the exam and are dismissed by the examiners clean up your station area and leave the premises.

HAIRDRESSER PRACTICAL EXAMINATION

The following is a list of the procedures for the practical examination, time allowed for each subject, and guidelines as to what the examiners are looking for:

I. HAIR STYLE (to be done on mannequin) - 45 minutes

Protection	Draping.
Finger Wave	Open and closed ends, one third of head
Roller Placement	Evenness of partings, length of roller with partings, one-third of head.
Pin Curls	Three types: full stem, half stem, and no stem. Placement of clips, direction of stem, one third of head. May also include on-base, half (1/2) base, and off-base.

The mannequin will be used for the finger wave, rollers, and clip portion of the exam. Under finger waves, the examiner will be looking for the evenness, depth, contour of the finger wave, and if the result would create a wearable style.

II. PERM (to be done on mannequin) - 30 minutes

- X Rod placement
- X Proper placement of band
- X Width of parting with length of rod
- X Evenness of partings
- X Tension: Too much; too little

Protection	Protection cream, cotton.
Labeling	Perm solution, neutralizer.
Use of Implements	Proper application technique. Simulated product must have consistency of perm solution.

The examiners will be looking for the protection of only the section wrapped. Use water to simulate the perm solution. The applicant is to explain the entire procedure of giving a perm. This explanation will include client card or release form, hair/scalp analysis, mix to or follow manufactures directions, test curl, rinse, towel blot, neutralizing.

III. VIRGIN TINT (to be done on mannequin) - 30 minutes

Protection	Protective cream, cotton, knowledge of predisposition test.
Application	Knowledge of difference between going lighter and darker.
Handling of Application	Proper partings (thinning, etc.) tint applied to scalp, or ends (virgin versus touch-up).

The examiners will be looking for the applicant to describe the procedure. The explanation will include patch test or predisposition test, client card or release form, hair/scalp analysis, mix to or follow manufacturers directions, test for shade, rinsing. Use cream conditioner for the tint solution.

NOTE: SIMULATED PRODUCT MUST HAVE CONSISTENCY OF TINT.

IV. BLEACH TOUCH-UP & HIGHLIGHTING (to be done on mannequin) - 30 minutes

Protection	Use of protective cream, draping.
Application	Touch-up versus virgin tint. Knowledge of regrowth, and line of demarcation. Placement of product on hair, beginning and end.

The examiners will be looking for the applicant to describe the procedures. The explanation will include patch test or predisposition test, client card or release form, hair/scalp analysis, mix to or follow manufacturers directions, test for stage, proper rinsing. Use shaving cream for the bleach solution. For highlighting, the weaving method must be demonstrated.

NOTE: SIMULATED PRODUCT MUST HAVE CONSISTENCY OF BLEACH.

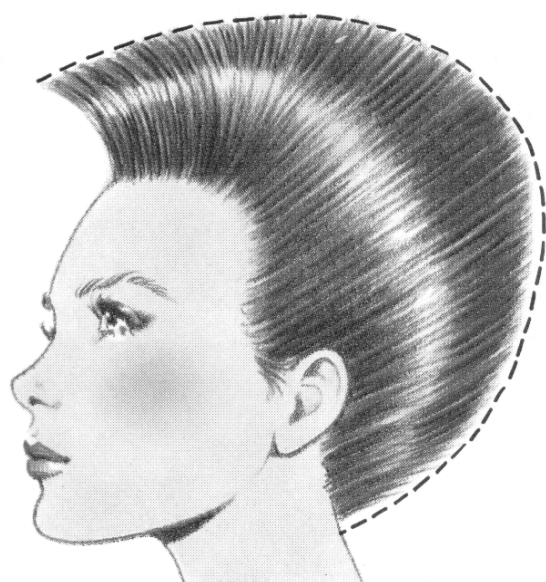
PERM, TINT, AND BLEACH WILL BE DEMONSTRATED ON A MANNEQUIN.

V. HAIR CUT, BLOW DRY, AND IRON CURLING (to be done on model) - 90 minutes

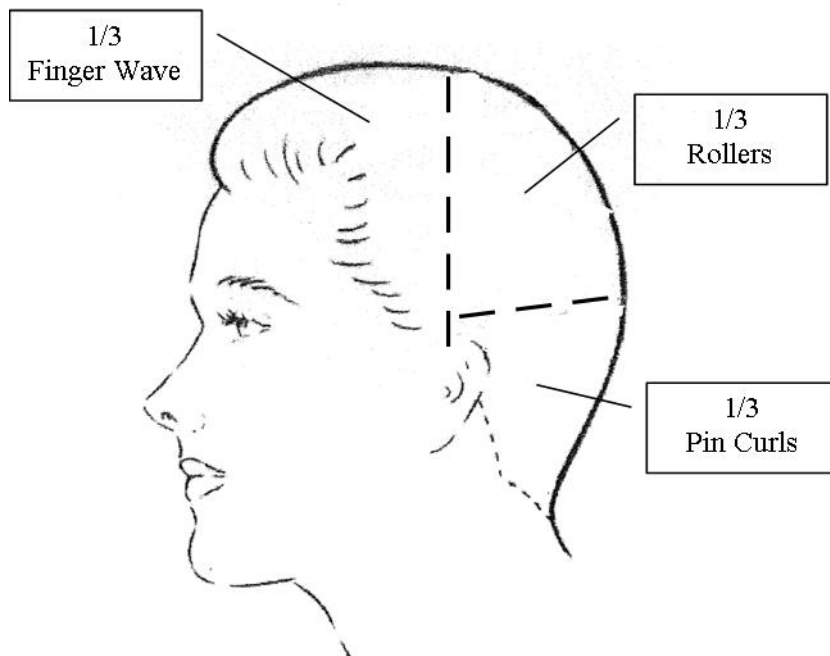
Protection	Draping, sanix strips, use of guard on a razor, and heat of curling iron.
Appropriate Section	Neat straight partings, section for hair cut being done.

Hair Cut	<p>Must do a basic layer cut as in diagram below. One (1) inch must be removed throughout. <u>Finished cut is four to eight inches long.</u></p> <p>A reversed layered cut “bob” is not a basic layered haircut and will not be acceptable.</p>
Handling of Instruments	Knowledge of razor and shears.
Iron Curling	Three types to be done on the model.
Blow Drying	Protection of model, heat, direction of movement of hair, brush or comb technique.
Finished Results	Should be a finished style.

The examiners will be checking the evenness of the cutting and the blending in of the sections. Any sectioning pattern that the applicant has been taught may be used. The curling iron and blow dryer will be used on your model. Protection of model, heat, direction of movement of hair, brush or comb technique will be checked. The applicant should know three different techniques for the curling iron showing on-base, off-base, and spiral curls.



Correct Uniform Shaping



Board Set

BARBER PRACTICAL EXAMINATION

The following is a list of the procedures for the practical examination, time allowed for each, and guidelines as to what the examiners are looking for.

I. SHAVING (to be done on model) - 30 minutes

Application of shaving cream, set up of the model, set up of the steam/ towels, proper shaving steps, and proper strokes.

Finished Product	Finish with application of astringent.
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The growth of the beard will be checked by the examiner prior to shaving. At least two days of unshaven beard must be present on the model prior to the examination. The examiners will be looking for the application of the shaving cream, set up of the patron, set up of the steam/towels, proper shaving steps, and proper strokes. Under finished results, the examiner will be looking for whiskers removed and the condition of the skin. No facial hair may be left on the face, including goatees or mustaches.

II. HAIR CUT (to be done on model) - 30 minutes

HAIRSTYLE (to be done on model) - 30 minutes

Protection	Draping, sanex strips, and cleanliness of tools.
Handling of Instruments	Proficient use of clippers, shears, and razor on the neck shave.

All applicants of the barber examination will be required to perform a haircut that is well-balanced and with emphasis upon shading, tapering, and topping. Hair will be checked by the examiners prior to cutting to determine that the hair has not been cut for at least two weeks prior to the examination. The examiners will be looking at the finished results and how well it is tapered, shaded and blended, and the clean outline.

IV. PERM (to be done on mannequin) - 30 minutes

- X Rod Placement
- X Proper placement of bend
- X Width of parting with length of rod
- X Evenness of partings
- X Tension: Too much; too little

Protection	Protective cream, cotton.
Labeling	Perm solution, neutralizer.
Use of Implements	Proper application technique. Simulated product must have consistency of perm solution.

The examiners will be looking for the protection of only the section wrapped. Use water to simulate the perm solution. The applicant is to explain the entire procedure of giving a perm. The explanation will include, client card or release form, hair/scalp analysis, mix to or follow manufacturers directions, test curl, rinse, towel blot, neutralizing.

V. VIRGIN TINT (to be done on mannequin) - 30 minutes

Protection	Protection cream, knowledge of predisposition test.
Application	Knowledge of difference between going lighter and darker.
Handling of Application	Proper partings (thinning, etc.) tint applied at the scalp, or ends (virgin versus touch-up.)

The examiners will be looking for the applicant to describe the procedure. The explanation will include patch test or predisposition test, client card or release form, hair/scalp analysis, mix to or follow manufacturers directions, test for shade, rinsing. Use cream conditioner for the tint solution.

NOTE: SIMULATED PRODUCT MUST HAVE CONSISTENCY OF TINT.

VI. BLEACH TOUCH-UP & HIGHLIGHTING (to be done on mannequin) - 30 minutes

Protection	Use of protective cream, draping
Application	Touch-up versus virgin tint, knowledge of regrowth, line of demarcation, placement of product on hair, beginning and end.

The examiners will be looking for the applicant to describe the procedure. The explanation will include patch test or predisposition test, client card or release form, hair/scalp analysis, mix to or follow manufacturers directions, test for stage, proper rinsing. Use shaving cream for the bleach solution. Demonstrate the use of a weaving method of highlighting.

NOTE: SIMULATED PRODUCT MUST HAVE CONSISTENCY OF BLEACH.

Perm tint and bleach will be demonstrated on a mannequin.

ESTHETICIAN PRACTICAL EXAMINATION

The following is a list of the procedures for the practical examination, time allowed for each subject, and guidelines as to what the examiners are looking for.

I. **FACIAL - including massage, skin and eye care, waxing and hair removal - 60 minutes (to be done on model)**

Protection	Draping, eye patches on eyes, and hair protection.
Cleansing Procedure	Cleansing of skin.
Tweezing	Demonstrate in the presence of examiners. Direction of hair removal, stretching of skin, applying pressure, and application of astringent. Candidate must tweeze 2 or 3 hairs.
Soft Wax Removal	Cleansing, application of powder, creams, etc., application of wax, area covered, demonstrate removal of wax, cleansing off wax, application of astringent in the presence of examiners. The following will be demonstrated with simulated products , i.e., conditioner.
Manipulations	Use of creams, hand and skin contact, not breaking contact with skin. Soothing, relaxing, easy fluid motion. Stimulation and sedation.
Handling of Implements	Proper technique.

The examiners will be looking for the protection of the eye, use of astringents, the labeling of the bottles, and draping of the model. The applicant will be demonstrating wax/arch and tweeze in the presence of examiners.

II. **MAKE-UP - 30 minutes**

Be prepared to apply day and night. Proctor will choose which application will be demonstrated during examination. Must show definite change in model's make-up. If models make-up is used, it must be clean; NO USED BRUSHES.

Candidate retaking this portion of the exam will be required to describe cleansing procedure.

BARBER, HAIRDRESSER OR ESTHETICIAN PRACTICAL EXAMINATION

SUPPLIES REQUIRED

BOARD OF BARBERS AND HAIRDRESSERS

NOTE: YOU MUST PROVIDE YOUR OWN MODEL. ALL APPLICANTS MUST WEAR CLEAN AND NEAT UNIFORM TYPE SMOCKS. ALL SUPPLIES MUST BE LABELED APPROPRIATELY. YOUR NAME, A SCHOOL NAME OR SHOP NAME MUST NOT APPEAR ANYWHERE ON THE EQUIPMENT, SO THAT IT CAN IDENTIFY WHO YOU ARE TO THE EXAMINERS. PLEASE MAKE SURE THAT ALL NAMES, EXCEPT FOR LABELING OF SUPPLIES, ARE NOT SHOWING.

General Supplies - All supplies must be labeled.

Kleenex	Conditioner
Band-Aids	Alcohol
Combs and Brushes	Water Bottle
Yo-ettes (duck bill clips)	Cotton
Two Pencils - No. 2	Smock
Application Bottles	Cape(s)
Towels - at least four	Bowl and Color Brush
Shampoo	Protective Cream

PROCEDURES	SUPPLIES NEEDED
Permanent Waving	Plastic cape, water bottle, rattail comb, eight permanent rods, end papers, yo-ettes, pretend products, and cotton strip
Hair Coloring	Rubber gloves, apron, pretend product in applicator bottle, yo-ettes, and plastic cape
Highlighting and Bleach	Plastic cape, foil on weaving hair, and comb with tail, rubber gloves, apron, pretend product in applicator bottle, yo-ettes, and plastic cape
Shampooing	Shampoo, towel, shampoo cape, and sanex strip
Haircutting – Hairdressers and Barbers	Scissors, razor, water bottle, styling comb, cape, clippers, razor blades, thermal hair spray, blow dryer, brush, curling iron and comb

PROCEDURES	SUPPLIES NEEDED
Hairstyling	Hair rollers, clips, pincurl clips, and gel for finger waves
Make-Up and Skin Care	Turban or towel, spatulas, cotton swabs, cotton balls, make-up for day or evening wear, astringents and cleansers, massage cream, waxing materials, and tweezers
Shaving (for barbers only)	Shaving razor, shaving cream, towels, blades, conditioning cream, and styptic powder

PERSONAL APPEARANCE WILL BE EVALUATED. PLEASE BE NEAT AND CLEAN.

+ **APPLICANT:** PLEASE REMEMBER THAT YOU NEED TO PROVIDE YOUR OWN TOWELS. YOU NEED AT LEAST FOUR TOWELS AND YOU MAY BRING MORE IF YOU WISH. THE TOWELS WILL NOT BE PROVIDED.

ALSO, PLEASE REMEMBER THAT YOU NEED TO BRING YOUR MANNEQUIN AND ITS STAND. THIS IS FOR THE HAIRSTYLE AND THE CHEMICAL PORTIONS OF THE EXAMINATION FOR HAIRDRESSERS, AND THE CHEMICAL PORTIONS FOR BARBERS. IF YOU DO NOT BRING YOUR MANNEQUIN, YOU MAY NOT TAKE THESE PORTIONS OF THE EXAM.

BLOOD SPILL PROCEDURE

IF A BLOOD SPILL SHOULD OCCUR, THE FOLLOWING STEPS MUST BE FOLLOWED:

- **SUPPLY INJURED PARTY WITH LIQUID SPRAY STYPTIC/ANTISEPTIC AND THE APPROPRIATE DRESSING TO COVER THE INJURY.**
- **DOUBLE BAG ALL BLOOD-SOILED (CONTAMINATED) ARTICLES AND LABEL WITH RED OR ORANGE BIOHAZARD WARNING.** This is the responsibility of the candidate/student/licensee and should be executed as follows:

CANDIDATE/STUDENT/LICENSEE INJURY

PROTECTION – If a cut is sustained, stop the service and clean the injured area.

APPLY antiseptic and/or liquid or spray styptic as appropriate (see NOTE).

DRESSING – Cover the injury with the appropriate adhesive dressing.

COVER injured area with finger guard or glove as appropriate.

CLEAN model/client and station.

DOUBLE BAG and dispose of all contaminated objects. Clean hands with antimicrobial cleanser.

RETURN to the service.

MODEL/CLIENT INJURY

STOP service

GLOVE hands of candidate/student/licensee.

CLEAN injured area as appropriate.

APPLY antiseptic and/or liquid or spray styptic as appropriate.

COVER the injury with the appropriate dressing to prevent further blood exposure.

DOUBLE BAG and dispose of all contaminated objects. Clean hands with antimicrobial cleanser.

RETURN to service.

EXAMINATIONS:

- **EXAMINER IS TO USE NEW DISPOSABLE LATEX GLOVES OR NON-ALLERGENIC EQUIVALENT WHEN CHECKING THAT CANDIDATE'S SERVICE. DOUBLE BAG AND DISPOSE USED GLOVES.**
- **FOLLOW WITH ANTIMICROBIAL SCRUB ON HANDS.**
- **DOCUMENT INCIDENT IN BLOOD SPILL LOG.**

NOTE: DO NOT ALLOW CONTAINERS, BRUSHES OR NOZZLES OR LIQUID STYPTIC CONTAINER TO TOUCH THE SKIN OR CONTACT THE WOUND. USE AN APPLICATOR.

WET DISINFECTION and STORAGE STANDARD

1

All tools and implements, **EXCEPT THOSE THAT HAVE COME IN CONTACT WITH BLOOD OR BODY FLUIDS** must be disinfected, at minimum, by complete immersion in an EPA registered, *bactericidal, virucidal, fungicidal, and pseudomonacidal (Formulated for Hospitals)* disinfectant that is mixed and used according to the manufacturer's directions.

2

All tools and implements, **THAT HAVE COME IN CONTACT WITH BLOOD OR BODY FLUIDS** must be disinfected, at minimum, by complete immersion in an EPA registered disinfectant that is effective *against HIV –1 and human Hepatitis B Virus or Tuberculocidal* that is mixed and used according to the manufacturer's directions.

DRY STORAGE STANDARD

Disinfected implements must be stored in a disinfected, dry, covered container and be isolated from contaminants.

HAND WASHING

(Anti-Bacterial Soap is recommended)

Thorough wash hands and the exposed portions of arms with soap and water before providing services to each client and after smoking, drinking, eating, and using the restroom.

NAIL TECHNOLOGY

Practical Examinations

Liquid Monomer containing Methyl Methacrylate (MMA) is prohibited for use during NIC practical examinations.

Odorless Sculpture nail products are required for use during NIC practical examinations.

Name of Examiner: _____

**Department of Commerce, Community, and Economic
Development**

Student No. _____

Date of
Examination: _____

Board of Barbers and Hairdressers

PRACTICAL EXAMINATION SCORE SHEET FOR ESTHETICIAN

Subject	Points	Subject	Points	Subject	Points	Subject	Points
FACIAL MASSAGE		SKIN AND EYE CARE		WAXING AND HAIR REMOVAL		MAKE-UP	
Protection	20 ____	Protection	20 ____	Protection	20 ____	Protection	20 ____
Cleansing Procedure	20 ____	Cleansing Procedures	20 ____	Tweezing	20 ____	Cleansing Procedures	20 ____
Manipulations		Massage	20 ____	Soft Wax Removal	20 ____	Application	20 ____
Stimulation	10 ____	Handling of Implements	10 ____	Handling of Implements	10 ____	Handling of Implements	10 ____
Sedation	10 ____	Labeling and Sanitation	20 ____	Labeling and Sanitation	20 ____	Labeling and Sanitation	20 ____
Handling of Implements	10 ____	Follows Directions	10 ____	Follows Directions	10 ____	Follows Directions	10 ____
Labeling and Sanitation	20 ____						
Follows Directions	10 ____						
Examiner Scores		Examiner Scores		Examiner Scores		Examiner Scores	
TOTAL POINTS	100	TOTAL POINTS	100	TOTAL POINTS	100	TOTAL POINTS	100
TIME 30 MIN		TIME 15 MIN		TIME 15 MIN		TIME 30 MIN	

ARE ALL SCORES FILLED IN?

COMMENTS: _____

**I HEREBY STATE THAT I AM ASSOCIATED WITH THE EXAMINATION CANDIDATE IN THE FOLLOWING
WAY:**

Signature of Examiner

Print Name



NATIONAL ESTHETICS THEORY EXAMINATION

CANDIDATE INFORMATION BULLETIN

Please visit www.nictesting.org for the most current bulletin prior to testing.

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 theory 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 Theory 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.

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

**PRIMARY
REFERENCES
(formerly referred to as
Esthetics References)**

Milady's Standard Esthetics: Fundamentals
2013, 11th Edition
Joel Gerson, Janet D'Angelo, Sallie Deitz et al
Milady
5 Maxwell Drive
Clifton Park NY 12065-2919
www.milady.cengage.com

Salon Fundamentals Esthetics – A Resource for Your Skin Care Career
2007, 11th printing, 2nd Edition, August 2013
Pivot Point International, Inc.
World Headquarters
1560 Sherman Avenue, Suite 700
Evanston, IL 60201
800-886-4247
www.pivot-point.com

NIC Health and Safety Standards
NIC, Inc., October 2008
www.nictesting.org

**SUPPORTING
REFERENCES
(formerly referred to as
Optional References)**

Salon Fundamentals Esthetics – A Resource for Your Skin Care Career
2007, 10th printing, 2nd Edition, September 2012
Pivot Point International, Inc.
World Headquarters
1560 Sherman Avenue, Suite 700
Evanston, IL 60201
800-886-4247
www.pivot-point.com

Milady's Standard Esthetics: Fundamentals
2009, 10th Edition
Joel Gerson, Janet D'Angelo, Sallie Deitz et al
Delmar
5 Maxwell Drive
Clifton Park NY 12065-2919
www.delmar.cengage.com

Answers

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



EXAMEN ESCRITO NACIONAL DE ESTÉTICA

BOLETÍN INFORMATIVO PARA CANDIDATOS

Visite www.nictesting.org para obtener el boletín mas reciente antes del examen.

El Examen nacional de estética es el examen de licenciatura nacional para esteticistas, el cual está desarrollado y administrado por el Concilio Interestatal de las Juntas Estatales de Cosmetología (NIC). Este Boletín informativo para candidatos incluye el bosquejo de contenido de los temas que cubre el Examen nacional de estética de NIC, preguntas de ejemplo y sus respuestas. El tiempo permitido para el examen escrito de estética es de 90 minutos.

CONCEPTOS CIENTÍFICOS 60 %

Higiene y control de infección

- ◇ Microbiología
 - Bacterias patógenas y no patógenas
 - Virus
 - Parásitos animales y vegetales (por ejemplo, piojos, hongos)
- ◇ Niveles de control de infección
 - Higiene
 - Desinfección
 - Esterilización
- ◇ Métodos de control de infección
- ◇ Procedimientos de seguridad
 - Estándares de OSHA para los patógenos transmitidos por la sangre
 - Hojas de datos de seguridad de los materiales (MSDS)
 - Procedimientos de sangramiento

Fisiología y anatomía humanas

- ◇ Células
 - Estructura
 - Desarrollo y reproducción
- ◇ Tejidos
- ◇ Órganos
- ◇ Sistemas y sus funciones
 - Esquelético
 - Muscular
 - Nervioso
 - Vascular/circulatorio

Sistema integumentario e histología de la piel

- ◇ Estructura y función de las capas de la piel
 - Epidermis
 - Dermis
 - Subcutánea
- ◇ Glándulas
 - Sebáceas
 - Sudoríparas
- ◇ Funciones de la piel
 - Protección
 - Sensación
 - Regulación de temperatura
 - Excreción
 - Secreción
 - Absorción

Afecciones de las glándulas sebáceas y sudoríparas

Estados, afecciones y enfermedades de la piel

- ◇ Inflamación y erupciones
- ◇ Pigmentación
- ◇ Bultos y lesiones en la piel

Cabello, folículo y su ciclo de crecimiento

Química básica

- ◇ Acidez/alcalinidad (pH)
- ◇ Orgánica e inorgánica

Productos de cuidado de la piel

- ◇ Ingredientes
- ◇ Composición

Factores que afectan a la piel

- ◇ Factores intrínsecos
- ◇ Factores extrínsecos

PRÁCTICAS DE ESTÉTICA 40 %

Procedimientos de análisis de la piel e implementación relacionados con la consulta, la documentación y el tratamiento

- ◇ Consulta con la clienta
- ◇ Cobertura
- ◇ Análisis de la piel
 - Tipos de piel
 - Escala de Fitzpatrick
- ◇ Protocolo de tratamiento y contraindicaciones
- ◇ Documentación

Procedimientos de aplicación y eliminación de productos

Procedimientos de limpieza

Procedimientos de vaporización

Procedimientos de exfoliación

- Química
- Física

Procedimientos de extracción

Manipulaciones de masaje y sus efectos

- ◇ Effleurage
- ◇ Petrissage
- ◇ Fricción
- ◇ Tapotement
- ◇ Vibración
- ◇ Dr. Jacquet

Uso adecuado de las mascarillas

Electricidad y uso de dispositivos eléctricos

Procedimientos de depilación

Teoría de color y aplicación de maquillaje

Conocimientos generales de servicios especializados

- ◇ Tratamientos para la cara y el cuerpo (por ejemplo, body wraps, aromaterapia, exfoliantes del cuerpo, drenaje linfático, reflexología, maquillaje de camuflaje, hidroterapia)
- ◇ Terminología relacionada con los procedimientos cosméticos

PREGUNTAS DE EJEMPLO

Las preguntas de ejemplo siguientes son similares a las del Examen escrito de estética de NIC. Al final de cada pregunta aparecen cuatro opciones para una respuesta. Sólo una de ellas es la correcta. Las respuestas correctas aparecen al final de las preguntas de ejemplo.

1. ¿Cuál es el término para el estudio científico de la piel?
 - a. Miología
 - b. Angiología
 - c. Fisiología
 - d. Dermatología

2. ¿Qué nivel de descontaminación alcanza un producto que contenga un antiséptico?

a. Desinfección
b. Esterilización
c. Ionización
d. Higiene

Respuestas

1. d 3. c 5. d 7. b
2. d 4. b 6. c 8. a

3. ¿Cuál de las siguientes se conoce también como la capa basal?

a. Stratum granulosum
b. Stratum lucidum
c. Stratum germinativum
d. Stratum corneum

REFERENCIAS PARA ESTÉTICA

Milady's Standard Esthetics: Fundamentals
2013, 11th Edition
Joel Gerson, Janet D'Angelo, Sallie Deitz et al
Milady
5 Maxwell Drive
Clifton Park NY 12065-2919
www.milady.cengage.com

4. Durante la fase anágena del crecimiento del cabello, éste

a. está empezando a destruirse.
b. crece activamente.
c. está mudando.
d. está desconectándose de la papila.

Salon Fundamentals Esthetics – A Resource for Your Skin Care Career
2007, 11th printing, 2nd Edition, August 2013
Pivot Point International, Inc.
World Headquarters
1560 Sherman Avenue, Suite 700

Evanston, IL 60201
800-886-4247
www.pivot-point.com

5. Una nueva cliente solicita un conjunto de tratamientos de exfoliación química. ¿Cuándo se debe revisar y firmar la forma de consulta?

a. Cada mes
b. Cada año
c. En el primer tratamiento
d. En cada tratamiento

Estándares de salud y seguridad de NIC
NIC, Inc., Octubre de 2008
www.nictesting.org

REFERENCIAS OPCIONALES

6. Los capilares dilatados que se pueden ver bajo la superficie de la piel se conocen como

a. seborrea.
b. queratoma.
c. telangiectasia.
d. deshidratación.

Salon Fundamentals Esthetics – A Resource for Your Skin Care Career
2007, 10th printing, 2nd Edition, September 2012
Pivot Point International, Inc.
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Evanston, IL 60201
800-886-4247
www.pivot-point.com

7. Los melanocitos que son más activos producirán

a. una piel más clara.
b. una piel más oscura.
c. una piel sebácea.
d. una piel seca.

Milady's Standard Esthetics: Fundamentals
2009, 10th Edition
Joel Gerson, Janet D'Angelo, Sallie Deitz et al
Delmar

5 Maxwell Drive
Clifton Park NY 12065-2919
www.delmar.cengage.com

8. Además de ablandar el sebo, otra función de la vaporización facial es

a. oxigenar la piel.
b. hidratar la piel.
c. reducir la circulación.
d. desintoxicar la piel.