



CALIFORNIA 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 120 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?

- a. Monthly
- b. Annually
- c. At the first treatment
- d. At each treatment

Milady's Standard Fundamentals for Estheticians 10th Ed., 2009
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6. Dilated capillaries that can be seen beneath the surface of the skin are known as

- a. seborrhea.
- b. keratoma.
- c. telangectasia.
- d. dehydrated.

Salon Fundamentals Esthetics 2007, 2005, 2004, 2002
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7. Melanocytes that are more active will produce

- a. lighter skin.
- b. darker skin.
- c. sebaceous skin.
- d. dry skin.

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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.

Modern Esthetics, Gambino 1992
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Answers

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

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NIC Health and Safety Standards
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