



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
65%**

**Sanitation and Infection
Control**

- ◇ Microbiology
 - Pathogenic & non-pathogenic bacteria
 - Viruses
- ◇ Methods of infection control
 - Heat
 - Chemical agents
 - Ultraviolet
- ◇ Levels of infection control
 - Sanitation
 - Disinfection
 - Sterilization
- ◇ Safety procedures

**Human Physiology and
Anatomy**

- ◇ Cells
 - Structure
 - Growth & reproduction
- ◇ Tissues
 - Epithelial
 - Connective
 - Nerve
 - Muscular
 - Liquid
- ◇ Organs
 - Brain
 - Eyes
 - Skin
 - Lungs
 - Liver
 - Kidney
 - Stomach & intestines
 - Heart

- ◇ Systems and their functions
 - Skeletal
 - Muscular
 - Nervous
 - Vascular
 - Respiratory
 - Endocrine
 - Digestive
 - Excretory

Skin Histology

- ◇ Structure and function of the layers of the skin
 - Epidermis
 - Dermis
 - Subcutaneous
- ◇ Glands
 - Sebaceous
 - Sudoriferous
- ◇ Hair follicle
- ◇ Functions of the skin
 - Protection
 - Sensation
 - Heat
 - Excretion
 - Secretion
 - Absorption

**Skin Diseases and
Disorders**

- ◇ Acne
- ◇ Sebaceous gland
- ◇ Sudoriferous gland
- ◇ Inflammation
- ◇ Infections
- ◇ Pigmentations
- ◇ Contagious
- ◇ Skin growths
- ◇ Aging

Hair and its Growth Cycle

- ◇ Structure of hair
- ◇ Growth cycle of hair
- ◇ Excessive hair growth

Basic Chemistry

- ◇ Acidity/Alkalinity (pH)
- ◇ Common elements
 - Hydrogen
 - Oxygen
 - Nitrogen
 - Sulfur
 - Carbon
- ◇ Compounds
- ◇ Mixtures
- ◇ Organic and inorganic

Cosmetic Ingredients

- ◇ Product ingredients
 - Surfactants
 - Emollients
 - Preservatives
 - Thickeners
 - Fatty acids
 - Fatty alcohols
 - Humectants
 - Botanicals
 - Fragrances
 - Colorants
 - Water
 - Chelating agents
 - Sunscreens
 - Antioxidants
 - Antibacterials
 - pH adjustors
 - Hydroxy acids
 - Vitamins
 - Lighteners
 - Other ingredients
- ◇ Product labeling
- ◇ Product safety

**Factors that Affect the
Skin**

- ◇ Intrinsic factors
 - Nutrition
 - Age
 - Heredity
 - Gender
- ◇ Extrinsic factors
 - Medications
 - Environmental
 - Habits

**SERVICES
35%**

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

- ◇ Client consultation
- ◇ Draping
- ◇ Skin analysis
 - Oily
 - Normal
 - Combination
 - Dry
- ◇ Treatment protocol
- ◇ Documentation

Cleansing Procedures

- ◇ Product selection
- ◇ Product application
- ◇ Product removal

**Towel Steaming
Procedures**

- ◇ Safe application of towel
- ◇ Safe removal of towel

Exfoliation Methods

- ◇ Methods
 - Chemical
 - Physical
- ◇ Product selection
- ◇ Product application
- ◇ Product removal

**Safe and Proper Methods
of Extractions**

**Massage Movements and
their Effects**

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

Contraindications for Massage

Masks

- ◇ Types of masks
- ◇ Application procedures
- ◇ Removal procedures

Electricity and Use of Electrical Equipment

- ◇ Types of electrical current
 - Alternating
 - Direct
- ◇ Principals of electricity
 - Measurement
 - Conductivity & devices
 - Safety
- ◇ Various electrical equipment
 - Magnifying lamp
 - Wood's lamp
 - Facial steamer/vaporizer
 - Brushing machine
 - Galvanic machine
 - High frequency machine
 - Spray machine
 - Suction machine
 - Electric/heat mask
 - Treatment mitts & boots
 - Lucas spray
 - Light therapy
- ◇ Contraindications and electrical equipment safety

Methods of Hair Removal

- ◇ Hair removal methods
 - Permanent
 - Temporary
- ◇ Hair removal products
 - Pre-epilation products
 - Post-epilation products
 - Soft and hard wax
 - Depilatory
 - Sugar
- ◇ Supplies and implements
 - Hair removal fabric
 - Wax heater
 - Applicators
 - Razor
 - Thread
 - Tweezers
- ◇ Contraindications and hair removal safety

Color Theory and Makeup Application

- ◇ Color theory
- ◇ Analysis of face shapes and features
- ◇ Product and implements
- ◇ Safe application of makeup

Advanced Services

- ◇ Reflexology
- ◇ Water hydrotherapy
- ◇ Algae treatments
- ◇ Body wraps
- ◇ Acupressure
- ◇ Lymphatic drainage
- ◇ Microdermabrasion
- ◇ Aromatherapy
- ◇ Chemical peels
- ◇ Camouflage makeup
- ◇ Other advanced services

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 an alternative to the use of wet cotton pads when cleansing the face?
 - a. Gauze
 - b. Tissues
 - c. Dry pads
 - d. Facial sponges
2. What is the most important reason for the regular use of good hygiene in the salon?
 - a. It builds customer confidence
 - b. It helps the shop look better
 - c. It maximizes financial profits
 - d. It avoids the spread of infection
3. Psoriasis appears as
 - a. elevated nodules.
 - b. loss of body hair.
 - c. a viral infection.
 - d. scaly, red lesions.

4. What is a beneficial action of a clay mask?
 - a. To deepen color
 - b. To soften the skin
 - c. To absorb impurities
 - d. To increase temperature
5. When giving a massage, it is always important that the client is
 - a. kept cool.
 - b. stimulated.
 - c. sitting up.
 - d. fully relaxed.
6. Muscular tissue may be stimulated by
 - a. a massage.
 - b. an ice pack.
 - c. a makeup base.
 - d. an astringent.
7. Which one of the following are open sores on tissue surfaces?
 - a. Cysts
 - b. Ulcers
 - c. Polyps
 - d. Nodules
8. After removal of a facial mask, what should be used to tone the skin?
 - a. Paraffin wax
 - b. A mild astringent
 - c. A mild disinfectant
 - d. A solution of uric acid

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

ESTHETICS REFERENCES

Milady's Standard Fundamentals for Estheticians 9th Ed., 2004

Milady
5 Maxwell Drive
Clifton Park, NY 12065
(800) 347-7707
www.Milady.com

Salon Fundamentals Esthetics A Resource for Your Skin Care Career, 2004

Pivot Point International, Inc.
Evanston, IL 60201
(800) 866-4247
www.pivot-point.com

NIC Health and Safety Standards
NIC, Inc., October 2002
www.nicesting.org

OPTIONAL REFERENCES

Salon Fundamentals Esthetics, 2005

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