



NATIONAL ADVANCED ESTHETICS (AP)
THEORY EXAMINATION

CANDIDATE INFORMATION BULLETIN

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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

Factors that Affect the Skin

Dermatological Terms

Plastic Surgery Terms

SERVICES 60%

Skin Analysis

- Consultation
Skin typing/classification
Documentation
Treatment

Exfoliation Methods

- Chemical
Physical/mechanical

Electricity and Use of Various Electrical Equipment

- Types of electrical current
Principals of electricity
Advanced electrical equipment
Contraindications and electrical equipment safety

Advanced Methods of Hair Removal

- Laser
Light

Advanced Facial Treatments

Advanced Body Treatments

Lymphatic Drainage

Pre/Post Operative Treatments

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. rhytidectomy.
d. submandibular lipectomy.
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 2<sup>nd</sup> Edition  
Efrain Arroyave, MD, Anne  
Beauchamp, Linda Bertaut, et  
al  
Milady  
5 Maxwell Drive  
Clifton Park NY 12065-2919  
[www.milady.cengage.com](http://www.milady.cengage.com)

*Skin Care Beyond the Basics*  
2012 4<sup>th</sup> Edition  
Mark Lees  
Milady  
5 Maxwell Drive  
Clifton Park NY 12065-2919  
[www.milady.cengage.com](http://www.milady.cengage.com)

NIC Infection Control and  
Safety Standards  
Adopted 1998: Revised  
October 2002, Revised August  
2014  
National-Interstate Council of  
State Boards of Cosmetology  
[http://nictesting.org/memberinfo/NIC Health & Safety Standards- Aug 2014.pdf](http://nictesting.org/memberinfo/NIC_Health_%26_Safety_Standards-Aug_2014.pdf)

**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](http://www.milady.cengage.com)

*Milady's Standard Esthetics  
Advanced*  
2010, 1<sup>st</sup> Edition  
Efrain Arroyave, Linda  
Bertaut, Helen Bickmore, et al  
Milady  
5 Maxwell Drive  
Clifton Park NY 12065-2919  
[www.milady.cengage.com](http://www.milady.cengage.com)