



NATIONAL ESTHETICS ADVANCED PRACTICE (AP)  
THEORY EXAMINATION

CANDIDATE INFORMATION BULLETIN (CIB)

**EXAMINATION CONTENT AND IMPORTANT INSTRUCTIONS**

*Please visit your examination provider's website for the most current bulletin prior to testing.*

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The National Esthetics Advanced Practice Theory Examination is the licensure examination for Advanced Practice and Master Estheticians, which is developed by the National-Interstate Council of State Boards of Cosmetology (NIC). This bulletin contains **IMPORTANT INFORMATION** regarding the NIC National Esthetics AP Theory Examination Content. The time allowed for the Esthetics AP Theory Examination is 90 minutes.

**PLEASE REVIEW ALL INFORMATION CAREFULLY!**

For each NIC National Theory Examination, there are TWO (2) parts to every Candidate Information Bulletin (CIB) stored as separate documents:

- **Examination Content** and **Important Instructions** – This document provides information about the scope of content covered in the Theory examination and information and guidelines related to administration of the Theory examination.
- **References** – This document provides a list of references used to develop and support the content covered in the examination. The references are always the same for the Theory and Practical examinations.

**PLEASE BE CERTAIN TO DOWNLOAD AND/OR PRINT BOTH DOCUMENTS THAT MAKE UP THE NIC EXAMINATION CIB.**

**PLEASE REVIEW ALL INFORMATION CAREFULLY!**

**IMPORTANT INSTRUCTIONS**

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- Do not leave the examination area without permission. Permission must be obtained to leave the examination area for any reason, including restroom usage or at the completion of the examination. Picture ID is required for re-entry into examination.
- With the exception of verbal instructions, the proctors and examination administration personnel are not allowed to communicate with candidates.
- If you have an emergency situation please notify the proctor.
- The following provides examples of materials and actions that are prohibited during the examination administration:
  - Possession of cellular phones, pagers, tablets, computers, projectors, cameras, or any other electronic or recording devices, printed materials, or handwritten notes.
  - Communicating to other candidates.
  - Exhibiting disruptive behavior.
    - *The above referenced items or actions are not an exhaustive list. Failure to comply with any of these conditions or exhibiting ANY behavior that suggests an effort to cheat will result in your immediate dismissal from the examination and your actions reported to the proper authorities.*

**ESTHETICS AP THEORY EXAMINATION  
CONTENT OUTLINE**

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The following outlines the scope of content covered by the NIC National Esthetics AP Theory Examination. The percentages represent the percentage of items from each domain. The examination is comprised of 110 items of which 100 items are weighted and contribute to the candidate's final score.

**DOMAIN 1: SCIENTIFIC CONCEPTS (30%)**

- A Apply Knowledge of Infection Control Procedures
  - 1 Identify how disease and infection are caused (e.g., viral, bacterial, parasitical, fungal)
  - 2 Identify how disease and infection are transmitted (e.g., direct/indirect contact, communicable, cross-contamination)
  - 3 Recognize purpose and/or effect of infection control principles
    - a Determine levels of infection control (i.e. cleansing/sanitation, disinfection, sterilization)
    - b Determine methods of infection control (e.g. chemical, heat)
    - c Demonstrate blood exposure and contact incidence and response
- B Apply and demonstrates knowledge of safety practices in:
  - 1 Procedure environment
  - 2 Products, ingredients and equipment
  - 3 Protocols
- C Apply knowledge of products and ingredients
  - 1 Recognize purpose and effects
  - 2 Interpret labeling
- D Recognize intrinsic and extrinsic factors and their effects on the skin (e.g. hormonal, environmental)
- E Recognize and understand concepts in advanced therapies (e.g. cryogenic, ayurveda, phytotherapy, algotherapy)
- F Apply knowledge of practicing in a medical setting
  - 1 Recognize purpose and effect of medical procedures (e.g., injectables, light modalities, surgery)
  - 2 Define relevant medical terminology

**DOMAIN 2: ESTHETIC ADVANCE PRACTICE SERVICE (70%)**

- A Apply knowledge for protocol development
  - 1 Identify procedure environment
    - a. Clinical
    - b. Spa
    - c. Home
  - 2 Determine contraindications for protocol
  - 3 Document protocol
- B Apply knowledge of exfoliation procedures
  - 1 Recognize purpose and effect of methods
    - a. Chemical (e.g., alpha and beta hydroxy, TCA, enzymes)
    - b. Physical (e.g. microdermabrasion, ultrasonic)
  - 2 Determine product or machine selection
  - 3 Demonstrate competent use of products and machines
- C Apply knowledge of extraction procedures
  - 1 Determine method of extraction
  - 2 Competent use of implement (e.g., comedone extractor, lancet)
- D Apply knowledge of lymphatic drainage
  - 1 Recognize purpose and effect of methods
  - 2 Determine method of lymphatic drainage (e.g., manual, machine-aided)
  - 3 Demonstrate competent lymphatic drainage

- E Apply knowledge of use of devices and machines (e.g. laser, IPL, radio frequency)
- F Apply knowledge of hair removal procedures
  - 1 Recognize purpose and effect of methods (e.g., waxing, sugaring, electrolysis)
  - 2 Determine considerations for body region (e.g., ears, Brazilian, underarm)
  - 3 Determine product selection
  - 4 Competent product application and removal
- G Apply knowledge of body treatments (e.g., body wraps, body scrubs, cellulite treatments, hydrotherapy)
  - 1 Recognize purpose and effect of methods
  - 2 Determine product selection
  - 3 Demonstrate product application and removal
- H Apply knowledge of LED procedure
  - 1 Recognize purpose and effect of methods (e.g., red and blue)
  - 2 Determine color selection
  - 3 Demonstrate product application and removal
  - 4 Demonstrate competent use of machine
- I Apply knowledge of microcurrent procedure
  - 1 Recognize purpose and effect of modalities
  - 2 Determine settings
  - 3 Demonstrate product application and removal
  - 4 Demonstrate competent use of machine and applicators
- J Apply knowledge of aromatherapy treatment
  - 1 Recognize purpose and effect of products (e.g., essential oils, botanicals)
  - 2 Recognize competent use of product and application

**ESTHETICS AP THEORY EXAMINATION  
SAMPLE QUESTIONS**

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The following sample questions are similar to those presented in the NIC Esthetics AP Theory Examination. Each item has four answer options. Only one option is correct or the answer. An answer key is provided following the sample questions. Performance on the sample questions may not represent performance on the NIC examination.

1. Melanocytes, Merkel cells, and Langerhans cells are found in
  - (A) adipose tissue.
  - (B) liquid tissue.
  - (C) epithelial tissue.
  - (D) endothelial tissue.
  
2. Which of the following is a gland associated with a hair follicle?
  - (A) Sebaceous
  - (B) Endocrine
  - (C) Eccrine
  - (D) Adrenal
  
3. What is the medical term for wrinkle?
  - (A) Fold.
  - (B) Rhytid
  - (C) Gene.
  - (D) Depression.

**NIC NATIONAL ESTHETICS AP THEORY EXAMINATION CIB**

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4. The first step of each body treatment protocol is
- (A) deep breathing.
  - (B) gentle stroking.
  - (C) dry brushing.
  - (D) sanitize hands.
5. 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.

**KEY: 1: C, 2: A, 3: B, 4: D, 5: D**