



NATIONAL ADVANCED PRACTICE ESTHETICS  
PRACTICAL EXAMINATION

CANDIDATE INFORMATION BULLETIN (CIB)

**EXAMINATION CONTENT AND IMPORTANT ADMINISTRATION INSTRUCTIONS**

*Please visit your official examination provider website OR [www.nictesting.org](http://www.nictesting.org), for the most current bulletin prior to testing.*

**The NIC National Advanced Practice Esthetics Practical Examination is the licensure examination for Advanced Practice Esthetics, which is developed by the National-Interstate Council of State Boards of Cosmetology (NIC).**

**This bulletin contains IMPORTANT INFORMATION regarding the NIC National Advanced Practice Esthetics Practical Examination content and administration for Advanced Practice Esthetics core sections.**

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

- ***Important Instructions and Examination Core Domain Content*** – This provides information and guidelines related to administration of the Practical examination and information about the scope of content covered in the core sections of the Practical examination.
- ***Additional Services*** – These provide information about additional sections offered by NIC for examination. Check with your State regulatory agency or examination administration vendor to determine which of these sections your State requires as part of their Practical examination.
- ***References*** – This provides a list of references used to develop and support the content covered in NIC examinations.

The references will always be the same for both Theory and Practical examinations.

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

**PLEASE REVIEW ALL INFORMATION CAREFULLY!**

**IMPORTANT INSTRUCTIONS**

- 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 the examination.**
- Candidates are required to bring a supply kit for their own use.
  - It is the candidate's responsibility to make certain they have a sufficient quantity of supplies that have been properly cleaned and disinfected and that implements are in proper working order.
  - The kit will be used during the examination as dry storage and is considered part of the work area. The kit must be kept closed (e.g., completely zipped or lid tightly closed) except when removing materials for a particular service.
  - Candidates may remove items, supplies, etc., from the kit at any time, however nothing may be returned to the kit.
  - All examinations are administered in a testing environment.
  - Candidates are evaluated at all times. Continue working until you have completed the entire section or time has elapsed.

## NIC National Advanced Practice Esthetics Practical Examination

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- Due to standardization of the NIC National Examinations, proctors and examiners are required to adhere to the following standards:
  - The verbal instructions will be read twice for each section of the examination.
  - With the exception of verbal instructions, the proctors are not allowed to communicate with candidates.
  - Examiners are not allowed to speak with candidates.
  - Candidates requesting information during the examination will be told one of the following statements:
    - “Do the best you can with what you have available.”
    - “Do as you were taught.”
  - If a candidate experiences an emergency situation, please notify the proctor by raising your hand.
- Candidates will be given time to set up the universal (also known as general) supplies they will use throughout the examination.
  - Each section of the examination has a maximum time allowance, with the exception of those specified as untimed sections.
  - Once a candidate has completed all tasks in the section, please step back or turn the hand toward the examiner (in the case of nail sections) to indicate they have finished.
  - In the event that all candidates complete a section before the time has elapsed, the examiners will proceed to the next section of the examination.
  - When the timer goes off, all candidates must stop working and step back or turn the hand toward the examiner (in the case of nail services) IMMEDIATELY.
- During all phases of the examination, candidates must follow all appropriate public protection and infection control procedures and maintain a safe work area.
  - In the event of a blood exposure incident, candidates will be expected to follow the NIC Blood Exposure Procedures.

### **Failure to do so may result in your dismissal from the examination.**

- *Be sure to contact your examination provider to obtain the most current version of, and any addendums to, the NIC Blood Exposure Procedures, OR go to [www.nictesting.org](http://www.nictesting.org) for a current downloadable copy.*
- **If a candidate does not follow infection control procedures or allows the work area to become and remain unsafe, the result may be a failing score for the examination.**
- 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
  - Purses, bags, coats, hats, and any other personal items not directly needed to complete the examination, are not allowed
  - Exhibiting disruptive behavior
  - Communicating to other candidates or any examiner
    - *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 the immediate dismissal from the examination and the candidate’s actions reported to the proper authorities.*
- **All supplies must be labeled in English.** When an original manufacturer's label is required, there can be NO handwritten or any other type of labeling. Original manufacturers’ labels must have English and may also include other languages. All non-manufacturer-created labels must be only in English.

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## NIC National Advanced Practice Esthetics Practical Examination

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- Original manufacturer's labels are *required* for all disinfectants and hand sanitizers.
- An EPA-registered, hospital-grade disinfectant that demonstrates bactericidal, fungicidal, and virucidal properties must be used. Please refer to the "*Suggested Examination Supplies*" section to see any further state-specific requirements for supplies and products.
- Simulated products are *not* allowed for disinfectants and hand sanitizers.
- **NO AEROSOLS** are allowed in the testing environment
- Candidates are to perform all tasks, utilizing products and supplies, as they were taught. There is however, a section titled "*Suggested Examination Supplies*" provided following the "Content Domains" section of this bulletin for items that a candidate may *possibly* utilize in a section.

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### NIC MODEL AND MANNEQUIN REQUIREMENTS

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**Please refer to your state guidelines for model and mannequin requirements.**

**If your state requires that you use a mannequin head(s)**

- If candidates are required to use a mannequin head(s), it is the candidate's responsibility to come prepared for the examination.
- Mannequin heads that are premarked or presectioned are not allowed for any part of the practical examination.
- Mannequin heads must be approved by the examination vendor or state prior to admittance into examination.
- **Advanced Practice Esthetics practical examination mannequins are *required* to have a *décolletage*.**

### **SPECIAL ATTENTION**

The following information is vital and specific to the  
NIC National Advanced Practice Esthetics Practical Examination:

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- Candidates will be evaluated on proper designation of materials that are disposed. Candidates are ***required*** to bring and use the following supplies for the appropriate disposal of materials:
  - Container labeled "**To be disinfected**"
  - Container labeled "**Soiled linens**"
  - Container labeled "**Trash**"
- It is specified that there is **more than one client** represented for the purpose of this examination. A new client is introduced and must be prepared for during the course of the examination (see Advanced Practice Esthetics Practical Examination Content Domains Sections).
- The following sections are *NEW* to the Advanced Practice Esthetics Practical Examination:
  - Work Area and New Client Preparation, and Set Up of Supplies (Content Domain Section 6)
  - Body Treatment-Dry Exfoliation and Mud Mask (Content Domain Section 10)
  - Blood Exposure Procedure (Content Domain Section 11)
- **Candidates are expected to brace any time they are working around the eye and mouth areas.**
- Candidates are not allowed to label products as single-use items.
- Use of single-use products may result in a failing score for the examination.

**ADVANCED PRACTICE ESTHETICS PRACTICAL EXAMINATION  
CONTENT DOMAIN SECTIONS**

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The scope of the National Advanced Practice Esthetics Practical Examination includes 11 (eleven) core domain sections. The Core Domain Sections are based on the national job analysis.

1. **Work Area and Client Preparation, and Set Up of Supplies** (First client 15 minutes)
2. **Cleansing the Face with Product** (10 minutes)
3. **Manual Lymphatic Drainage** (10 minutes)
4. **Particle Microdermabrasion on the Forehead** (10 minutes)
5. **LED Treatment** (10 minutes)
6. **Work Area and New Client Preparation, and Set Up of Supplies** (Second client 15 minutes)
7. **Ultrasonic Treatment of Forehead and Upper Lip** (10 minutes)
8. **Beta Hydroxy Acid (BHA) Treatment** (10 minutes)
9. **Microcurrent Treatment to Upper Orbicularis Oculi.** (10 minutes)
10. **Body Treatment-Dry Exfoliation and Mud Mask** (15 minutes)
11. **Blood Exposure Procedure** (10 minutes)

## **CONTENT DOMAINS**

### **1. WORK AREA AND CLIENT PREPARATION, AND SET UP OF SUPPLIES (15 minutes)**

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will prepare your work area for your client.”*

*“You will set up the universal supplies you will use throughout the examination.”*

*“You will also set up the supplies for the following sections of the examination:*

*Cleansing of the Face with Product,  
Manual Lymphatic Drainage,  
Particle Microdermabrasion on the Forehead,  
LED Treatment.”*

*“You will prepare your client for services.”*

*“You will be expected to follow all client protection, safety and infection control procedures.”*

*“You will have 15 minutes to complete this section.”*

*“You will be informed when you have 8 minutes remaining.”*

*“Do not demonstrate any procedures until the verbal instructions are given and you are instructed to begin.”*

*“Step back to indicate you have finished.”*

*(1) “The instructions will be repeated.”*

*(2) “You may begin.”*

**Candidates will be evaluated on the following tasks:**

- 1.1 Disinfects all work areas completely with product labeled in English as EPA-registered, hospital-grade disinfectant**
- 1.2 Sanitizes hands with product labeled in English**
- 1.3 Universal supplies are labeled in English**
- 1.4 Applies protective covering to model’s hair and body**
- 1.5 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination, we will now proceed.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*“Please stop working.”*

## 2. CLEANSING OF THE FACE WITH PRODUCT (10 Minutes)

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will perform Cleansing of the Face.”*

*“You will be expected to follow all client protection, safety and infection control procedures.”*

*“You will have 10 minutes to complete this section.”*

*“You will be informed when you have 5 minutes remaining.”*

*“Step back to indicate you have finished.”*

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

**Candidates will be evaluated on the following tasks:**

- 2.1 **Cleansing of the face with product supplies are labeled in English**
- 2.2 **Implements and supplies are visibly clean**
- 2.3 **Cleanses eye area completely**
- 2.4 **Cleanses lips completely**
- 2.5 **Distributes cleanser over face**
- 2.6 **Removes residual makeup and cleanser**
- 2.7 **Applies toner/astringent**
- 2.8 **Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination, we will now proceed.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*“Please stop working.”*

### 3. MANUAL LYMPHATIC DRAINAGE (10 minutes)

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will perform Manual Lymphatic Drainage.”*

*“You will be expected to follow all client protection, safety and infection control procedures.”*

*“You will have 10 minutes to complete this section.”*

*“You will be informed when you have 5 minutes remaining.”*

*“Step back to indicate you have finished.”*

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

**Candidates will be evaluated on the following tasks:**

- 3.1 Manual lymphatic drainage supplies are labeled in English
- 3.2 Implements and supplies are visibly clean
- 3.3 Applies massage product
- 3.4 Demonstrates slow, stationary circles with pads of fingers, between thyroid cartilage and sternocleidomastoid muscle for at least one minute on both sides of the neck simultaneously
- 3.5 Demonstrates slow, stationary circles with pads of fingers between ear lobe and masseter muscle for one minute on both sides of the face simultaneously
- 3.6 Place the pads of the fingers flat over the eyebrows, curl the fingertips down below the eyebrows to massage the supraorbital ridge for one minute simultaneously.
- 3.7 Removes residual massage product
- 3.8 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination, we will now proceed.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*“Please stop working.”*

## 4. PARTICLE MICRODERMABRASION ON THE FOREHEAD (10 minutes)

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will perform Particle Microdermabrasion.”*

*“You will demonstrate horizontal and vertical strokes on the forehead.”*

*“You will be expected to follow all client protection, safety and infection control procedures.”*

*“You will have 10 minutes to complete this section.”*

*“You will be informed when you have 5 minutes remaining.”*

*“Step back to indicate you have finished.”*

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

**Candidates will be evaluated on the following tasks:**

- 4.1 Particle microdermabrasion supplies are labeled in English
- 4.2 Implements and supplies are visibly clean
- 4.3 Applies degreaser/prep solution
- 4.4 Dries excess moisture
- 4.5 Applies eye protection to model
- 4.6 Candidate wears eye protection and mask that covers nose and mouth
- 4.7 Candidate wears gloves
- 4.8 Holds skin taut
- 4.9 Demonstrates vertical strokes with simulated hand piece across entire forehead. Cord must be attached to hand piece.
- 4.10 Demonstrates horizontal stroke with simulated hand piece across entire forehead. Cord must be attached to hand piece.
- 4.11 Removes particles from treated area
- 4.12 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination, we will now proceed.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*“Please stop working.”*



## 5. LED TREATMENT (10 minutes)

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will perform an LED Treatment.”*

*“You will demonstrate the treatment on the entire face.”*

*“You will be expected to follow all client protection, safety and infection control procedures.”*

*“You will have 10 minutes to complete this section.”*

*“You will be informed when you have 5 minutes remaining.”*

*“Step back to indicate you have finished.”*

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

**Candidates will be evaluated on the following tasks:**

**5.1 LED treatment supplies are labeled in English**

**5.2 Implements and supplies are visibly clean**

**5.3 Applies degreaser/prep solution**

**5.4 Dries excess moisture**

**5.5 Applies eye protection to model**

**5.6 Holds hand piece so light strikes skin. Cord must be attached to hand piece.**

**5.7 Moves light around face, pausing to ensure entire face is treated. Cord must be attached to hand piece.**

**5.8 Applies sunscreen to face**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination. Please do nothing until the next verbal instructions are given.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*“Please stop working. Please do nothing until the next verbal instructions are given.”*

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will breakdown your work area and dispose of supplies used in the previous sections of the examination.”*

*“You will be expected to follow all client protection, safety and infection control procedures.”*

*“You will have 5 minutes to complete this section.”*

*“You will be informed when you have 2 minutes remaining.”*

*“Do not set up or perform any services until the verbal instructions have been given and you are instructed to begin.”*

*“Step back to indicate you have finished.”*

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

*NIC National AP Esthetics Practical Examination – LED Treatment (continued)*

**Candidates will be evaluated on the following tasks:**

**5.9 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination, we will now proceed.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*“Please stop working.”*

## **6. WORK AREA AND NEW CLIENT PREPARATION, AND SET UP OF SUPPLIES (15 minutes)**

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will prepare your work area for a NEW client.”*

*“You will set up the universal supplies you will use for the remainder of the examination.”*

*“You will also set up the supplies for the following sections of the examination:*

*Ultrasonic Treatment of Forehead and Upper Lip,*

*Beta Hydroxy Acid (BHA) Treatment,*

*Microcurrent Treatment to Upper Orbicularis Oculi,*

*Body Treatment-Dry Exfoliation and Mud Mask.”*

*“You will prepare your client for the services.”*

*“You will be expected to follow all client protection, safety and infection control procedures.”*

*“You will have 15 minutes to complete this section.”*

*“You will be informed when you have 8 minutes remaining.”*

*“Do not demonstrate any procedures until the verbal instructions are given and you are instructed to begin.”*

*“Step back to indicate you have finished.”*

*(1) “The instructions will be repeated.”*

*(2) “You may begin.”*

**Candidates will be evaluated on the following tasks:**

**6.1 Disinfects all work areas completely with product labeled in English as EPA-registered, hospital-grade disinfectant**

**6.2 Sanitizes hands with product labeled in English**

**6.3 Universal supplies are labeled in English**

**6.4 Applies new protective covering to model’s hair and body**

*NIC National AP Esthetics Practical Examination – Work Area and New Client Preparation, and Set Up of Supplies (continued)*

**6.5 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination, we will now proceed.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:  
*“Please stop working.”*

## **7. ULTRASONIC TREATMENT OF FOREHEAD AND UPPER LIP (10 minutes)**

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will perform an Ultrasonic Treatment.”*

*“You will demonstrate the ultrasonic treatment on the forehead and upper lip.”*

*“You will be expected to follow all client protection, safety and infection control procedures.”*

*“You will have 10 minutes to complete this section.”*

*“You will be informed when you have 5 minutes remaining.”*

*“Step back to indicate you have finished.”*

*(1) “The instructions will be repeated.”*

*(2) “You may begin.”*

**Candidates will be evaluated on the following tasks:**

- 7.1 Ultrasonic treatment supplies are labeled in English**
- 7.2 Implements and supplies are visibly clean**
- 7.3 Attaches wristband to model**
- 7.4 Applies ear and eye protection to model**
- 7.5 Applies solution to the area to be treated**
- 7.6 Performs horizontal strokes across forehead. Cord must be attached to hand piece**
- 7.7 Performs vertical strokes across forehead. Cord must be attached to hand piece**
- 7.8 Performs strokes in a downward motion across the upper lip. Cord must be attached to hand piece**
- 7.9 Removes residual product**
- 7.10 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

*NIC National AP Esthetics Practical Examination – Ultrasonic Treatment of Forehead and Upper Lip (continued)*

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination, we will now proceed.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*“Please stop working.”*

## **8. BETA HYDROXY ACID (BHA) TREATMENT (10 minutes)**

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will perform a Beta Hydroxy Acid (BHA) Treatment.”*

*“You will demonstrate the Beta Hydroxy Treatment on the entire face.”*

*“You will be expected to follow all client protection, safety and infection control procedures.”*

*“You will have 10 minutes to complete this section.”*

*“You will be informed when you have 5 minutes remaining.”*

*“Upon completion of this section, you will be instructed by the Proctor to remove any residue from the face.”*

*“Step back to indicate you have finished.”*

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

**Candidates will be evaluated on the following tasks:**

- 8.1 Beta hydroxy acid (BHA) treatment supplies are labeled in English**
- 8.2 Implements and supplies are visibly clean**
- 8.3 Candidate wears gloves**
- 8.4 Applies degreaser/prep solution**
- 8.5 Apply occlusive barrier**
- 8.6 Applies eye protection to model**
- 8.7 Applies the BHA solution to the entire face**
- 8.8 Neutralizes treatment area**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination. Please do nothing until the next verbal instructions are given.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*“Please stop working. Please do nothing until the next verbal instructions are given.”*

*NIC National AP Esthetics Practical Examination – Beta Hydroxy Acid (BHA) Treatment (continued)*

**Proctor – Verbal Instructions:** Read to all candidates:

*“Please remove all remaining residue from the face.”*

**8.9 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination, we will now proceed.”*

## **9. MICROCURRENT TREATMENT TO THE UPPER ORBICULARIS OCULI (10 minutes)**

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will perform a Microcurrent Treatment.”*

*“You will demonstrate the Microcurrent Treatment on one upper orbicularis oculi.”*

*“You will be expected to follow all client protection, safety and infection control procedures.”*

*“You will have 10 minutes to complete this section.”*

*“You will be informed when you have 5 minutes remaining.”*

*“Step back to indicate you have finished.”*

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

**Candidates will be evaluated on the following tasks:**

- 9.1 Microcurrent treatment supplies are labeled in English**
- 9.2 Implements and supplies are visibly clean**
- 9.3 Applies conducting gel/lotion**
- 9.4 Moistens conductors**
- 9.5 Begin treatment at the corrugator moving toward the outer area of the eyebrow. Cord must be attached to hand piece.**
- 9.6 Applies sunscreen to face**
- 9.7 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination, we will now proceed.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*“Please stop working.”*

## 10. BODY TREATMENT - DRY EXFOLIATION AND MUD MASK (15 minutes)

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will perform a Body Treatment - Dry Exfoliation and Mud Mask.”*

*“You will demonstrate the Body Treatment on the décolletage.”*

*“You will be expected to follow all client protection, safety and infection control procedures.”*

*“You will have 15 minutes to complete this section.”*

*“You will be informed when you have 8 minutes remaining.”*

*“Step back to indicate you have finished.”*

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*

**Candidates will be evaluated on the following tasks:**

**10.1 Body treatment supplies are labeled in English**

**10.2 Implements and supplies are visibly clean**

**10.3 Dry exfoliate the décolletage**

**10.4 Apply mask and wrap the area**

**10.5 Unwrap model, remove mask with steam towel and complete service**

**10.6 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination, we will now proceed.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*“Please stop working.”*

## 11. BLOOD EXPOSURE PROCEDURE (10 minutes)

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will demonstrate the blood exposure procedure.”*

*“You will imagine the following scenario: During a service, your client has sustained a minor cut to the forehead. The injury is such that you can continue with the service. You have not come in contact with the blood and your work area has not been contaminated. You are expected to demonstrate the proper procedure for a blood exposure.”*

*“You are expected to follow all client protection, safety and infection control procedures.”*

*“You will have 10 minutes to complete this section.”*

*“You will be informed when you have 5 minutes remaining.”*

*NIC National AP Esthetics Practical Examination – Blood Exposure Procedure (continued)*

*“Step back to indicate you have finished.”*

*(1) “The instructions will be repeated.”*

*(2) “You may begin.”*

**Candidates will be evaluated on the following tasks:**

- 11.1 Blood exposure supplies are labeled in English**
- 11.2 Removes materials from first aid kit**
- 11.3 Supplies and materials are visibly clean**
- 11.4 Candidate wears gloves**
- 11.5 Cleans injured area with antiseptic**
- 11.6 Covers with dressing that is absorbent and secured**
- 11.7 Disposes of all contaminated supplies**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*“All candidates have indicated they have completed this section of the examination. Please do nothing until the next verbal instructions are given.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*“Please stop working. Please do nothing until the next verbal instructions are given.”*

**CANDIDATE CLEANUP AND FINAL SUMMARY**

**Proctor – Verbal Instructions:** Read to all candidates at the conclusion of the examination:

*“All examiners have indicated they have completed their assessment.”*

*“Make sure that all kit supplies and disposable materials are taken with you.”*

*“This concludes the National Interstate Council of State Boards of Cosmetology, National Advanced Practice Esthetics Practical Examination.”*

*“Thank you for your participation.”*



## SUGGESTED EXAMINATION SUPPLIES

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### Suggested supply list:

- This is a list of suggested supplies for the practical examination.
- Candidates are responsible for bringing all needed materials, even if not included on this list.

### Information related to labeling of supplies:

- ALL supplies must be labeled in English.
- No other languages can be present unless an original manufacturer's label is present.
- Original manufacturers' labels MUST have English and may be multi-language.
- All other created labels must be only English

### EXAMINATION UNIVERSAL/GENERAL SUPPLIES

- mannequin head (*MUST have a décolletage*)
- candidate supply kit to serve as dry storage area (*must be closeable*)
- hospital grade (level), EPA-registered disinfectant with manufacturer's label that demonstrates bactericidal, fungicidal and virucidal properties must be used (*must be actual disinfectant*)
- hand sanitizer and manufacturer's label (*must be actual hand sanitizer*)
- container labeled "items to be disinfected"
- container labeled "soiled linens"
- container labeled "trash"
- first aid kit
- cloth and paper towel(s)
- tissues
- cotton rounds
- sponges
- gauze pads
- disposable applicators
- disposable protective gloves
- spatula(s)
- container of water (*if needed*)
- degreaser/prep solution
- sunscreen

### CLEANSING THE FACE WITH PRODUCT SUPPLIES

- cleanser
- astringent/toner

### MANUAL LYMPHATIC DRAINAGE SUPPLIES

- massage product



**PARTICLE MICRODERMABRASION ON THE FOREHEAD SUPPLIES**

- hand piece with at least a 4-foot tubing (may be simulated)
- dry material for brushing
- face mask
- safety glasses (prescription glasses acceptable)
- goggles

**LED TREATMENT SUPPLIES**

- hand piece that emits light and has at least a 4 ft. cord (may be simulated)
- eye protection

**ULTRASONIC TREATMENT OF THE FOREHEAD AND UPPER LIP SUPPLIES**

- hand piece with at least a 4 ft. cord
- wristband (may be simulated)
- eye protection
- ear protection
- cleanser

**BETA HYDROXY ACID (BHA) TREATMENT SUPPLIES**

- occlusive product
- degreaser/prep solution
- eye protection
- neutralizer

**MICROCURRENT TREATMENT TO UPPER ORBITALIS OCULI SUPPLIES**

- conducting probes with at least a 4 ft. cord (may be simulated)
- conducting gel

**BODY TREATMENT – DRY EXFOLIATION AND MUD MASK SUPPLIES**

- mud mask
- plastic wrap
- steam towels
- dry exfoliator
- hydrating product

**BLOOD EXPOSURE PROCEDURE SUPPLIES**

- bag for disposal of blood-contaminated materials