



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
  
6. Dilated capillaries that can be seen beneath the surface of the skin are known as
  - a. seborrhea.
  - b. keratoma.
  - c. telangectasia.
  - d. dehydrated.
  
7. Melanocytes that are more active will produce
  - a. lighter skin.
  - b. darker skin.
  - c. sebaceous skin.
  - d. dry skin.
  
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.

*Milady's Standard Fundamentals for Estheticians 10th Ed., 2009*  
 Milady  
 5 Maxwell Drive  
 Clifton Park, NY 12065  
 (800) 347-7707  
[www.Milady.com](http://www.Milady.com)

*Salon Fundamentals Esthetics 2007, 2005, 2004, 2002*  
 Pivot Point International, Inc.  
 Evanston, IL 60201  
 (800) 866-4247  
[www.pivot-point.com](http://www.pivot-point.com)

*Milady's Standard Fundamentals for Estheticians 9th Ed., 2004, 2003*  
 Milady  
 5 Maxwell Drive  
 Clifton Park, NY 12065  
 (800) 347-7707  
[www.Milady.com](http://www.Milady.com)

*Modern Esthetics, Gambino 1992*  
 Milady  
 5 Maxwell Drive  
 Clifton Park, NY 12065  
 (800) 347-7707  
[www.Milady.com](http://www.Milady.com)

*Milady's Standard Cosmetology, 2004*  
 Milady  
 5 Maxwell Drive  
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[www.Milady.com](http://www.Milady.com)

*NIC Health and Safety Standards*  
 NIC, Inc., October 2008  
[www.nicesting.org](http://www.nicesting.org)

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