

Chapter 13-II: Advanced Topics & Treatments

Chapter Test

Multiple Choice | Esthetics Program

Name: _____ Date: _____ Score: _____ / 55

Instructions: Circle the letter of the best answer. Each question is worth 1 point. Answer all 55 questions.

Section 1: Advanced Topics & pH

Scope and the pH scale | Questions 1–5

- Advanced treatments are intended for: **△ TRICKY**
 - Receptionists
 - Clients to self-perform
 - Licensed, properly trained estheticians
 - Any student
- On the pH scale, acids fall in the range of:
 - 8 to 14
 - 7 only
 - 0 to 6
 - 10 to 14
- A neutral pH is:
 - 5
 - 0
 - 7
 - 14
- The average pH of healthy skin is about: **△ TRICKY**
 - 5
 - 2
 - 9
 - 7
- A pH of 8 to 14 is:
 - Saline
 - Acidic
 - Neutral
 - Alkaline

Section 2: Chemical Exfoliation & Peels

Acids, enzymes, and peel types | Questions 6–13

- Alpha hydroxy acids (AHAs) are:
 - Oil-soluble
 - Water-soluble acids like glycolic and lactic
 - Physical scrubs
 - Enzymes
- AHAs exfoliate by: **△ TRICKY**
 - Loosening the bonds between dead surface cells

- b) Injecting product
 - c) Freezing cells
 - d) Burning tissue
8. Beta hydroxy acid (such as salicylic) is: **△ TRICKY**
- a) An enzyme
 - b) A crystal
 - c) Water-soluble
 - d) Oil-soluble and able to penetrate the follicle
9. BHA peels are most beneficial for:
- a) Sunburn
 - b) Dry, mature skin
 - c) Open wounds
 - d) Oily, acne-prone skin
10. Enzyme peels work by:
- a) Digesting keratin/dead cells (keratolytic action)
 - b) Freezing cells
 - c) Suctioning debris
 - d) Heating the skin
11. A Jessner's peel typically contains: **△ TRICKY**
- a) Water only
 - b) Resorcinol, salicylic, and lactic acid
 - c) TCA only
 - d) Glycolic only
12. A TCA peel uses:
- a) Enzymes
 - b) Glycolic acid only
 - c) Trichloroacetic acid for deeper aging/sun damage
 - d) Crystals
13. Which is a contraindication for chemical peels? **△ TRICKY**
- a) Healthy skin
 - b) Isotretinoin (Accutane) use or pregnancy
 - c) Mild dullness
 - d) Oily T-zone

Section 3: Microdermabrasion

Mechanical resurfacing devices | Questions 14–18

14. Crystal microdermabrasion abrades the skin using:
- a) Sprayed crystals (e.g., aluminum oxide) with vacuum
 - b) LED light
 - c) A diamond tip
 - d) Water only
15. Crystal-free microdermabrasion uses a:
- a) Galvanic electrode
 - b) Wood's lamp
 - c) Diamond-tipped applicator

- d) Steam wand
- 16. Hydradermabrasion combines exfoliation with: **△ TRICKY**
 - a) Water/serum infusion
 - b) High frequency
 - c) Crystals
 - d) Galvanic current
- 17. Microdermabrasion is contraindicated for: **△ TRICKY**
 - a) Mild dryness
 - b) Sun-protected skin
 - c) Active acne, rosacea, or fragile skin
 - d) Healthy skin
- 18. Microdermabrasion both exfoliates and:
 - a) Stimulates circulation/cell turnover
 - b) Injects filler
 - c) Removes pigment permanently
 - d) Numbs the skin

Section 4: Light & Current Devices

Laser, LED, microcurrent, ultrasound, microneedling | Questions 19–27

- 19. Lasers are classified as: **△ TRICKY**
 - a) Household appliances
 - b) Cosmetics
 - c) Toys
 - d) Class IV medical devices
- 20. Lasers and IPL use selective:
 - a) Iontophoresis
 - b) Cavitation
 - c) Desincrustation
 - d) Photothermolysis
- 21. LED light therapy is:
 - a) A crystal device
 - b) A high-heat laser
 - c) A chemical peel
 - d) Non-thermal colored-wavelength therapy
- 22. Blue LED light is mainly used for: **△ TRICKY**
 - a) Pigment lightening
 - b) Hair removal
 - c) Anti-aging
 - d) Killing acne-causing bacteria
- 23. Red LED light is mainly used to:
 - a) Exfoliate
 - b) Stimulate collagen and healing
 - c) Kill bacteria
 - d) Remove hair
- 24. Microcurrent is a low-level current that: **△ TRICKY**

- a) Freezes fat
 - b) Mimics the body's current to tone facial muscles
 - c) Injects filler
 - d) Burns hair
25. Ultrasound (ultrasonic) in esthetics is used for: **△ TRICKY**
- a) Injecting Botox
 - b) Exfoliation and product penetration
 - c) Permanent pigment
 - d) Hair removal
26. Microneedling stimulates the skin by:
- a) Spraying crystals
 - b) Creating micro-channels that trigger collagen production
 - c) Using blue light
 - d) Applying galvanic current
27. Nano infusion differs from microneedling because it:
- a) Removes hair
 - b) Infuses product without piercing the skin
 - c) Uses a laser
 - d) Uses larger needles

Section 5: Body Treatments & Manual Lymph Drainage

Spa body work | Questions 28–33

28. Body wraps are used to:
- a) Diagnose disease
 - b) Permanently remove fat
 - c) Detoxify, hydrate, and temporarily refine contour
 - d) Replace sunscreen
29. Hydrotherapy is treatment using:
- a) Heat lamps
 - b) Crystals
 - c) Water (baths, jets, showers)
 - d) Lasers
30. A body scrub is used to:
- a) Remove hair
 - b) Inject product
 - c) Exfoliate the body
 - d) Numb the skin
31. Endermologie is a mechanical treatment associated with:
- a) Chemical peeling
 - b) Acne extraction
 - c) Laser hair removal
 - d) Massaging/rolling the skin (often for cellulite appearance)
32. Manual lymph drainage (MLD) requires: **△ TRICKY**
- a) No training
 - b) Only an apron

- c) A medical degree
 - d) Advanced training
33. MLD is often used after:
- a) Sun exposure
 - b) A haircut
 - c) Makeup application
 - d) Certain surgeries to reduce swelling

Section 6: Medical Esthetics

Working in the clinical setting | Questions 34–40

34. In a medical esthetics practice, the esthetician works: **△ TRICKY**
- a) Under/alongside a physician
 - b) Without records
 - c) Performing surgery alone
 - d) Diagnosing disease
35. Popular services in medical esthetics include:
- a) Microdermabrasion, chemical peels, and glycolic treatments
 - b) Injecting Botox
 - c) Performing facelifts
 - d) Prescribing drugs
36. Injectables (Botox, dermal fillers) are administered by: **△ TRICKY**
- a) The client
 - b) The esthetician
 - c) A qualified medical professional
 - d) The receptionist
37. The medical term for a face lift is:
- a) Sclerotherapy
 - b) Rhytidectomy
 - c) Blepharoplasty
 - d) Rhinoplasty
38. The medical term for an eye lift is: **△ TRICKY**
- a) Sclerotherapy
 - b) Blepharoplasty
 - c) Rhytidectomy
 - d) Rhinoplasty
39. Sclerotherapy is performed to:
- a) Minimize varicose/spider veins
 - b) Remove a scar
 - c) Smooth wrinkles
 - d) Lift the jawline
40. Documentation in medical esthetics is:
- a) Essential for pre- and post-operative care
 - b) The client's job
 - c) Optional
 - d) Only for billing

Section 7: Peels & Acids Applied

Choosing and using chemical exfoliants | Questions 41–47

41. Glycolic acid is which type of acid? **△ TRICKY**
- a) Alpha hydroxy
 - b) Trichloroacetic
 - c) Enzyme
 - d) Beta hydroxy
42. Salicylic acid is which type of acid? **△ TRICKY**
- a) Lactic
 - b) Alpha hydroxy
 - c) Beta hydroxy
 - d) Enzyme
43. For sun-damaged, aging skin, the esthetician would likely select:
- a) No exfoliation
 - b) A BHA for oil
 - c) A scrub only
 - d) An AHA such as glycolic
44. Enzyme peels are a good choice for clients who are:
- a) Looking for the deepest peel
 - b) Pregnant and wanting TCA
 - c) Sensitive and want a gentle exfoliation
 - d) On Accutane
45. Layering acids in a Jessner's peel increases its:
- a) Color
 - b) pH
 - c) Hydration only
 - d) Strength/depth of exfoliation
46. The depth of a chemical peel generally increases from: **△ TRICKY**
- a) Enzyme/AHA to Jessner's to TCA
 - b) TCA to enzyme
 - c) TCA to AHA
 - d) Enzyme to AHA only
47. Before any peel, the esthetician must review:
- a) Contraindications, medications, and skin history
 - b) The schedule only
 - c) The room color
 - d) Only the price

Section 8: Advanced Devices Applied

Selecting advanced technology | Questions 48–55

48. To treat acne with light, the esthetician selects: **△ TRICKY**
- a) Blue LED
 - b) Red LED
 - c) Microneedling
 - d) TCA

49. To support collagen and healing with light, the esthetician selects:
- a) Blue LED
 - b) BHA
 - c) Crystal microdermabrasion
 - d) Red LED
50. To tone and 'lift' facial muscles, the esthetician uses: **△ TRICKY**
- a) A body wrap
 - b) Crystal microdermabrasion
 - c) TCA
 - d) Microcurrent
51. To exfoliate and drive product in with sound waves, the esthetician uses:
- a) Ultrasound (ultrasonic)
 - b) Microneedling
 - c) Galvanic only
 - d) Paraffin
52. Microneedling is also known as:
- a) Collagen induction therapy
 - b) Sclerotherapy
 - c) Endermologie
 - d) Photothermolysis
53. Lasers and IPL must be used: **△ TRICKY**
- a) Without eye protection
 - b) By anyone
 - c) By trained, often medically supervised professionals
 - d) On any skin without screening
54. A client wanting to reduce upper-lip fine wrinkles might be offered:
- a) A body scrub
 - b) Sclerotherapy
 - c) Hydrotherapy
 - d) Microcurrent or microneedling
55. A body scrub that combines jojoba beads, honey, and salt with lotion is an example of a:
- a) Body scrub (exfoliation)
 - b) Wrap
 - c) Soothing mask
 - d) Chakra treatment