

Chapter 8-II: Facial Treatments

Chapter Test

Multiple Choice | Esthetics Program

Name: _____ Date: _____ Score: _____ / 45

Instructions: Circle the letter of the best answer. Each question is worth 1 point. Answer all 45 questions.

Section 1: Facial Basics & Benefits

The fundamentals of the facial service | Questions 1–5

1. A facial is best described as: **△ TRICKY**
 - a) A way to diagnose disease
 - b) A treatment that improves the skin's appearance and health
 - c) A medical procedure
 - d) A surgical service
2. Estheticians may NOT: **△ TRICKY**
 - a) Cleanse the skin
 - b) Diagnose or treat medical conditions
 - c) Apply masks
 - d) Perform extractions
3. Which is a benefit of a facial?
 - a) Deep cleansing, relaxation, and improved circulation
 - b) Cures skin disease
 - c) Tattoo removal
 - d) Permanent hair removal
4. Continuing education keeps an esthetician:
 - a) Current and up to date in the field
 - b) Unlicensed
 - c) Out of work
 - d) Less informed
5. Four essential skills for a successful esthetician include all EXCEPT: **△ TRICKY**
 - a) Strong consultation/people skills
 - b) Good product/technique skills
 - c) Diagnosing illness
 - d) Knowledge of skin

Section 2: Client Preparation & Setup

Preparing the client and room | Questions 6–10

6. To remove product from a jar sanitarily, use a:
 - a) Finger
 - b) Tissue
 - c) Cotton ball
 - d) Spatula
7. Supplies should be arranged in an:
 - a) Open trash bin

- b) Random pile
 - c) Orderly, neat manner
 - d) Unlabeled box
8. Before touching the client's face, you must: **△ TRICKY**
- a) Wash and sanitize your hands
 - b) Turn off the lights
 - c) Apply makeup
 - d) Sell products
9. Draping the client's hair before a facial:
- a) Replaces cleansing
 - b) Is never done
 - c) Protects the hair and keeps product off it
 - d) Wastes time
10. Clients are typically asked to arrive for an appointment:
- a) Exactly on time
 - b) An hour late
 - c) About 15 minutes early for paperwork/consultation
 - d) Whenever

Section 3: Cleansing & Analysis

Cleansing the skin and analyzing it | Questions 11–15

11. Before cleansing the face, you should first remove the client's:
- a) Shoes
 - b) Jewelry only
 - c) Lip and eye makeup
 - d) Earrings only
12. To remove cleanser, start at the _____ of the face and work up/outward.
- a) forehead
 - b) base (neck/jaw)
 - c) hairline
 - d) ears
13. Eye makeup is removed using: **△ TRICKY**
- a) A small amount of remover and gentle movements
 - b) A large amount of remover and harsh rubbing
 - c) A facial brush
 - d) Soap and water scrub
14. Skin analysis is performed:
- a) After the facial
 - b) Never
 - c) After cleansing, often under a magnifying lamp
 - d) At checkout
15. A condition that may prevent a treatment is called a: **△ TRICKY**
- a) Contraindication
 - b) Cosmetic
 - c) Consultation

d) Benefit

Section 4: Exfoliation, Steaming & Extractions

Deep-cleansing the skin | Questions 16–23

16. Removing dead surface cells to smooth skin and aid product penetration is: **△ TRICKY**
- a) Masking
 - b) Massage
 - c) Exfoliation
 - d) Extraction
17. The manual removal of comedones (blackheads) and impurities is:
- a) Exfoliation
 - b) Extraction
 - c) Effleurage
 - d) Desincrustation
18. Softening sebum/debris in the follicle before extraction is: **△ TRICKY**
- a) Desincrustation
 - b) Cataphoresis
 - c) Tapotement
 - d) Masking
19. Before extractions, the skin should be:
- a) Freshly shaved
 - b) Cold and dry
 - c) Sunburned
 - d) Warmed and softened (e.g., steamed)
20. During a facial, the steamer is placed about: **△ TRICKY**
- a) 15–18 inches from the face
 - b) 2 inches from the face
 - c) 3 feet away
 - d) Touching the skin
21. When extracting, you should work on:
- a) A small area at a time
 - b) Nothing
 - c) The whole face at once
 - d) Only the cheeks
22. Cysts and nodules should be: **△ TRICKY**
- a) Squeezed hard
 - b) Referred to a dermatologist
 - c) Ignored forever
 - d) Extracted firmly
23. Lancet use during extractions is:
- a) Required
 - b) Allowed everywhere
 - c) Never regulated
 - d) Restricted — check your state board

Section 5: Massage, Masks & Finishing

Treatment and finishing steps | Questions 24–29

24. The facial step that relaxes the client and increases circulation is the:
- a) Massage
 - b) Extraction
 - c) Cleansing
 - d) Draping
25. A mask that draws impurities and tightens/tones is best for: **△ TRICKY**
- a) Oily/congested skin (e.g., clay)
 - b) Sunburn
 - c) Open wounds
 - d) Dry skin
26. After extractions, a beneficial mask is one that is:
- a) Highly fragranced
 - b) Calming/soothing and antiseptic
 - c) Drying and harsh
 - d) Abrasive
27. A mask is usually left on for about:
- a) 2 hours
 - b) 7–10 minutes
 - c) 45 minutes
 - d) 1 minute
28. The product applied at the end to seal moisture and protect the barrier is:
- a) Toner only
 - b) Exfoliant
 - c) Cleanser
 - d) Moisturizer
29. Sunscreen should be applied: **△ TRICKY**
- a) Never
 - b) At the end of a daytime facial, especially after exfoliation
 - c) Only at night
 - d) Before cleansing

Section 6: Home Care, Skin Types & Conditions

Matching treatment to the skin | Questions 30–37

30. Skin that lacks water (not necessarily oil) is: **△ TRICKY**
- a) Resilient
 - b) Dehydrated
 - c) Alipidic
 - d) Oily
31. Skin that lacks oil is described as:
- a) Comedogenic
 - b) Dehydrated
 - c) Alipidic
 - d) Oily

32. The single biggest external cause of premature aging is: **△ TRICKY**
- a) Cleansing
 - b) Massage
 - c) Diet
 - d) Sun (UV) exposure
33. Dehydrated skin mainly needs more:
- a) Sun
 - b) Exfoliation
 - c) Water/hydration
 - d) Oil
34. Oily/combination skin generally benefits from products that are: **△ TRICKY**
- a) Occlusive
 - b) Greasy
 - c) Heavy and oil-rich
 - d) Water-based/oil-free
35. Aging/sun-damaged skin benefits from:
- a) Antioxidants used topically (and a healthy diet)
 - b) Heat
 - c) No sunscreen
 - d) Harsh scrubbing
36. The best way to prevent premature aging is to:
- a) Stay out of the sun and wear sunscreen daily
 - b) Tan often
 - c) Over-exfoliate
 - d) Skip moisturizer
37. Good home-care advice for acne includes: **△ TRICKY**
- a) Picking lesions
 - b) Skipping moisturizer
 - c) Over-cleansing/scrubbing hard
 - d) Gentle cleansing and not over-stripping the skin

Section 7: Acids, Men's Skin & Terminology

Chemistry, men's skin, key terms | Questions 38–45

38. Glycolic acid is an example of a(n): **△ TRICKY**
- a) Beta hydroxy acid
 - b) Enzyme
 - c) Oil
 - d) Alpha hydroxy acid (AHA)
39. Razor bumps from shaving curly hair are called:
- a) Telangiectasia
 - b) Milia
 - c) Pseudofolliculitis
 - d) Rosacea
40. Freshly shaved (sensitized) men's skin should avoid: **△ TRICKY**
- a) Sunscreen

- b) Gentle cleansing
 - c) Strong exfoliation/microdermabrasion
 - d) Moisturizer
41. During a man's facial, movements should follow the:
- a) Direction against the beard always
 - b) Random pattern
 - c) Natural direction of hair growth where appropriate
 - d) Client's lead
42. Dirt, UV light, pollution, and humidity that damage skin are environmental:
- a) Nutrients
 - b) Emollients
 - c) Aggressors/stressors
 - d) Benefits
43. An express (mini) facial usually leaves out:
- a) Sunscreen
 - b) Cleansing
 - c) Consultation
 - d) Time-intensive steps like extended massage/extractions
44. A consultation about home care should explain: **△ TRICKY**
- a) Only price
 - b) Tax info
 - c) Staff schedules
 - d) Product use and a realistic routine for the client
45. Knowledge of skin types, conditions, and products helps the esthetician to:
- a) Prescribe medication
 - b) Perform surgery
 - c) Recommend appropriate treatments and products
 - d) Diagnose disease

— End of Test (45 questions) —