

# Chapter 13-II: Advanced Topics & Treatments

## Homework / Quiz

HOMEWORK — STUDENT COPY

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_ / 32

### Section A: Advanced Topics & pH

Scope, training, and the pH scale | Questions 1–5

**Instructions:** Circle TRUE or FALSE.

1. Advanced treatments are intended only for licensed, properly trained estheticians. ⚠ TRICKY

TRUE FALSE

**Instructions:** Fill in each blank with the correct term.

2. On the pH scale, acids range from 0 to \_\_\_\_\_.
3. A pH of \_\_\_\_\_ is neutral.
4. The average pH of healthy skin is about \_\_\_\_\_. ⚠ TRICKY

**Instructions:** Circle the letter of the best answer.

5. Substances with a pH of 8 to 14 are:
- a) Neutral
  - b) Alkaline
  - c) Acids
  - d) Salts

### Section B: Chemical Exfoliation & Peels

AHAs, BHAs, enzymes, Jessner's, and TCA | Questions 6–13

**WORD BANK:** alpha hydroxy • beta hydroxy • enzyme • Jessner • TCA • keratolytic

**Instructions:** Fill in each blank with the correct term.

6. Water-soluble acids such as glycolic and lactic that loosen the bonds between cells are \_\_\_\_\_ acids. ⚠ TRICKY
7. The oil-soluble acid (such as salicylic) that penetrates the follicle is a \_\_\_\_\_ acid. ⚠ TRICKY
8. A gentle peel that uses enzymes to digest keratin and dead cells is a(n) \_\_\_\_\_ peel.
9. A peel combining resorcinol, salicylic, and lactic acid is a \_\_\_\_\_'s peel. ⚠ TRICKY
10. The deeper peel using trichloroacetic acid for aging and sun damage is a \_\_\_\_\_ peel.

**Instructions:** Circle the letter of the best answer.

11. AHAs exfoliate by:
- a) Loosening the bonds (desmosomes) between dead cells
  - b) Injecting product
  - c) Freezing cells
  - d) Burning the skin
12. BHA peels are most beneficial for: ⚠ TRICKY
- a) Sensitive rosacea
  - b) Very dry, mature skin

- c) Sunburned skin
- d) Oily and acne-prone skin

**Instructions:** Circle TRUE or FALSE.

13. Isotretinoin (Accutane) use, pregnancy, and active herpes are contraindications for chemical peels. △ TRICKY

TRUE FALSE

## Section C: Microdermabrasion

Mechanical exfoliation by device type | Questions 14–18

**Instructions:** Fill in each blank with the correct term.

14. Mechanical exfoliation that sprays and vacuums crystals across the skin is \_\_\_\_\_ microdermabrasion.

**Instructions:** Circle the letter of the best answer.

15. A crystal-free microdermabrasion device typically uses a:
- a) Galvanic electrode
  - b) Wood's lamp
  - c) Diamond-tip applicator
  - d) Steam wand

**Instructions:** Fill in each blank with the correct term.

16. Microdermabrasion that combines exfoliation with water/serum infusion is \_\_\_\_\_.

**Instructions:** Circle the letter of the best answer.

17. Microdermabrasion is contraindicated for: △ TRICKY
- a) Sun-protected skin
  - b) Mild dullness
  - c) Active acne, rosacea, or fragile/couperose skin
  - d) Healthy normal skin

**Instructions:** Circle TRUE or FALSE.

18. Microdermabrasion both exfoliates and stimulates the skin.

TRUE FALSE

## Section D: Light, Current & Advanced Devices

Laser, LED, microcurrent, ultrasound, microneedling | Questions 19–26

**WORD BANK:** laser • LED • microcurrent • ultrasound • microneedling • photothermolysis

**Instructions:** Fill in each blank with the correct term.

19. High-powered, focused light devices classified as Class IV medical devices are \_\_\_\_\_. △ TRICKY

20. Lasers and IPL target tissue using selective \_\_\_\_\_, which uses light to heat a target.

21. Non-thermal \_\_\_\_\_ light therapy uses colored wavelengths (e.g., blue for acne, red for anti-aging). △ TRICKY

**Instructions:** Circle the letter of the best answer.

22. Blue LED light is primarily used to:

- a) Remove hair
- b) Build collagen
- c) Kill acne-causing bacteria
- d) Lighten pigment

**Instructions:** Fill in each blank with the correct term.

23. A low-level current that mimics the body's natural current to tone facial muscles is \_\_\_\_\_.

24. High-frequency sound waves used for exfoliation and product penetration describe \_\_\_\_\_.

△ TRICKY

25. The treatment that creates micro-channels with tiny needles to stimulate collagen is \_\_\_\_\_.

△ TRICKY

**Instructions:** Circle the letter of the best answer.

26. Nano infusion differs from microneedling because it:

- a) Removes hair
- b) Infuses product without piercing the skin
- c) Uses laser light
- d) Uses larger needles

## Section E: Body Treatments, MLD & Medical Esthetics

Spa body work and the medical setting | Questions 27–32

**Instructions:** Circle the letter of the best answer.

27. Body wraps are used mainly to:

- a) Detoxify, hydrate, and temporarily improve the look of skin/contour
- b) Replace sunscreen
- c) Permanently remove fat
- d) Cure disease

**Instructions:** Fill in each blank with the correct term.

28. Treatment using water (baths, jets, showers) for therapeutic benefit is \_\_\_\_\_.

29. A coarse-textured product used to exfoliate the body is a body \_\_\_\_\_.

**Instructions:** Circle TRUE or FALSE.

30. Manual lymph drainage requires advanced training and is used to cleanse/detoxify and after some surgeries. △ TRICKY

TRUE      FALSE

**Instructions:** Circle the letter of the best answer.

31. In medical esthetics, the esthetician typically works: △ TRICKY

- a) Without documentation
- b) Diagnosing disease
- c) Independently performing surgery
- d) Under or alongside a physician, providing pre/post-operative care

32. Injectables such as Botox and dermal fillers are administered by: △ TRICKY

- a) Any esthetician
- b) A medical professional, not the esthetician
- c) The client
- d) A receptionist

## Bonus — Extra Credit

*Not counted in the graded total | Questions B1–B3*

**Instructions:** *Fill in each blank with the correct term.*

**B1.** The medical term for a face lift is \_\_\_\_\_.

**Instructions:** *Fill in each blank with the correct term.*

**B2.** Treatment to minimize varicose/spider veins is called \_\_\_\_\_.

**Instructions:** *Circle TRUE or FALSE.*

**B3.** Enzyme peels are generally gentler than TCA peels.

**TRUE    FALSE**

— *End of Homework (32 questions + 3 bonus)* —