NATIONAL ESTHETICS
THEORY EXAMINATION

CANDIDATE INFORMATION BULLETIN (CIB)

Please visit your examination provider's website for the most current bulletin prior to testing.

The National Esthetics Theory Examination is the licensure examination for Estheticians, which is developed by the National-Interstate Council of State Boards of Cosmetology (NIC). This bulletin contains IMPORTANT INFORMATION regarding the examination, including content outline covered by the theory examination, sample questions and answers, and references. The time allowed for the Esthetics Theory Examination is 90 minutes.

PLEASE REVIEW ALL INFORMATION CAREFULLY

For each NIC National Theory Examination, there are TWO (2) parts to every Candidate Information Bulletin (CIB) stored as separate documents:

- ***Examination Content*** and ***Important Instructions*** – This provides information about the scope of content covered in the Theory examination and information and guidelines related to administration of the Theory examination.
- ***References*** – This provides a list of references used to develop and support the content covered in the examination. The references are always the same for the Theory and Practical examinations.

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

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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 examination.
- With the exception of verbal instructions, the proctors and examination administration personnel are not allowed to communicate with candidates.
- If you have an emergency situation please notify the proctor.
- The following provides examples of materials and actions that are prohibited during the examination administration:
  - Possession of cellular phones, watches (of any kind), pagers, tablets, computers, projectors, cameras, any other electronic or recording devices, printed materials, or handwritten notes.
  - Communicating to other candidates.
  - Exhibiting disruptive behavior.
    - *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 your immediate dismissal from the examination and your actions reported to the proper authorities.*

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ESTHETICS THEORY EXAMINATION CONTENT OUTLINE

The following outlines the scope of content covered by the NIC National Esthetics Theory Examination. The percentages represent the percentage of items from each domain. The examination is comprised of 110 items, of which 100 items are weighted and contribute to the candidate's final score.

Domain I: SCIENTIFIC CONCEPTS (55%)

A. Basic knowledge of microbiology (i.e., bacteria, viruses, parasites, fungi)

B. Apply knowledge of infection control procedures related to:
   1. Levels of infection control (i.e., sanitation, disinfection, sterilization)
   2. Methods of infection control (i.e., heat, chemical agents)

C. Apply knowledge of safety procedures and guidelines related to:
   1. Standard (Universal) Precautions
   2. Blood exposure procedures
   3. Safety Data Sheets (SDS) (e.g., manufacturer's labeling)
   4. Handling of chemicals

D. Demonstrate a basic understanding of human physiology and anatomy related to:
   1. Cells and their functions
   2. Tissues (i.e., epithelial, connective, nerve, muscular)
   3. Organs and their function (e.g., skin, lungs, heart)
   4. Systems and their functions (e.g., muscular, integumentary, nervous, endocrine, skeletal)

E. Demonstrate an understanding of histology and physiology of the skin related to:
   1. Structure and function of the layers of the skin
   2. Structure and function of the glands
   3. Functions of the skin (e.g., protection, temperature regulation, absorption)

F. Recognize and understand skin disorders and diseases related to:
   1. Disorders of the sebaceous gland (e.g., acne, milia, seborrhea)
   2. Disorders of the sudoriferous gland (e.g., hyperhidrosis, bromhydrosis, anhidrosis)
   3. Contagious diseases (e.g., bacterial conjunctivitis, herpes simplex, tinea)
   4. Skin inflammations (e.g., dermatitis, eczema, rosacea)
   5. Skin pigmentation (i.e., hyperpigmentation, hypopigmentation)
   6. Skin growths (e.g., skin tags, moles, keratoma)
   7. Skin cancers (i.e., basal cell carcinoma, squamous cell carcinoma, melanoma)
   8. Primary and secondary skin lesions

G. Understanding function and composition of the hair related to:
   1. Structure of the hair and its follicle
   2. Growth cycles
   3. Abnormal hair growth (e.g., hirsutism, hypertrichosis)

H. Understanding basic chemistry as related to:
   1. Ingredients
   2. Labeling
   3. Function (e.g., hydration, protection, cleanse)
   4. Acidity/Alkalinity (i.e., pH)

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Domain II: SKIN CARE AND SERVICES (45%)

A. Demonstrate an understanding of performing a client consultation and documentation (e.g., health history, intake form,
consultation chart, physician release)

B. Apply knowledge of client protection (i.e., draping of head and body)

C. Skin analysis (e.g., Fitzpatrick skin types/conditions/characteristics)

D. Contraindications for skin services

E. Treatment protocol

F. Demonstrate an understanding of cleansing procedures

G. Demonstrate an understanding of steaming procedures

H. Demonstrate an understanding of exfoliation procedures (i.e., chemical, mechanical/manual)

I. Demonstrate a basic understanding of massage movements

J. Demonstrate an understanding of methods of extraction

K. Demonstrate an understanding of the functions and applications of masks related to:

1. Clay/Mud
2. Gel
3. Rubberized
4. Cream
5. Sheet mask (e.g., collagen, gauze, pre-cut)
6. Thermal (e.g., paraffin, mineral)

L. Demonstrate an understanding of the conclusion of facial services:

1. Moisturize
2. Sun protection
3. Home care (i.e., after care)

M. Demonstrate a basic knowledge of the use of electrical equipment used in skin services

N. Demonstrate an understanding of makeup as related to:

1. Principles (e.g., color theory)
2. Product selection (e.g., lipstick, foundation)
3. Application (e.g., contouring, highlighting, blending)
4. Safety (e.g., bracing)
5. Infection control (e.g., disposables, disinfection of tools)

O. Demonstrate a basic knowledge of other services related to:

1. Facial services (e.g., aromatherapy, pre- and post-surgical/medical treatments, ultrasonic)
2. Body treatments (body wraps, body scrubs, sunless tanning)
3. Eyelash and eyebrow services (e.g., lash and brow tinting, artificial lashes, lash lifting/perming)
4. Demonstrate an understanding of hair removal methods and procedures (i.e., waxing, tweezing)
5. Wellness programs

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ESTHETICS SAMPLE QUESTIONS

The following sample questions are similar to those on the NIC Esthetics Theory Examination. Each question is followed by four answer options. Only one option is correct. Correct answers (keys) 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.

5. A new client schedules 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.

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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.

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

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