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

**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

**PRODUCT APPLICATION AND REMOVAL PROCEDURES**

**Cleansing 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.
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. 

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

   **ESTHETICS REFERENCES**
   
   *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) 

   Pivot Point International, Inc. 
   Evanston, IL 60201 
   (800) 866-4247 
   [www.pivot-point.com](http://www.pivot-point.com) 

   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 
   Clifton Park, NY 12065 
   (800) 347-7707 
   [www.Milady.com](http://www.Milady.com) 

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