Milady Standard Esthetics:
Fundamentals Exam Review

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Foreword

*Milady Standard Esthetics: Fundamentals Exam Review* has been revised to follow the type of skin care questions most frequently used by states and by the national testing, conducted under the auspices of the National-Interstate Council of State Boards of Cosmetology.

This review book is designed to be of major assistance to students in preparing for the state license examinations. The exclusive concentration on multiple-choice test items reflects the fact that all state board examinations and national testing examinations are confined to this type of question.

Questions on the state board examinations in different states will not be exactly like these and may not touch upon all the information covered in this review. However, students who diligently study and practice their work as taught in the classroom and who use this book for test preparation and review should receive higher grades on both classroom and license examinations.
Part 1: Orientation

CHAPTER 1—HISTORY AND CAREER OPPORTUNITIES IN ESTHETICS

1. Who is responsible for examinations, licensing, and standards?
   a. state licensing inspectors  
   b. state board members  
   c. licensing specialists  
   d. esthetician examiners

2. What did the ancient Egyptians do before other cultures?
   a. cultivate beauty in an extravagant fashion  
   b. build magnificent public baths  
   c. develop the hair-removal practice of threading  
   d. develop cosmetic surgery

3. What is restoration work?
   a. surgical procedures used to help rebuild bodies after accidents  
   b. another name for cosmetic surgery  
   c. the esthetics specialization associated with mortuary science  
   d. rebuilding hairstyles after a long day

4. Why were the ancient Hebrews able to adopt many skin care and grooming techniques from other cultures?
   a. their level of education was higher than that of other cultures  
   b. they were nomadic  
   c. they cultivated a sense of what we now call “the global community”  
   d. they were entrepreneurial

5. What is a dye derived from leaves and shoots of the mignonette tree?
   a. elderberry  
   b. henna  
   c. camilla  
   d. pomegranate

6. What type of magnificent public buildings were the ancient Romans famous for constructing?
   a. smokehouses  
   b. baths  
   c. swimming pools  
   d. massage parlors

7. What is the primary purpose of camouflage makeup?
   a. to disguise imperfections such as scars  
   b. to create the illusion that someone has darker skin than they do  
   c. to shield the skin from the harmful effects of the sun  
   d. to make a person stand out in public
8. Where was the ancient method of hair removal known as threading invented?
   a. Vietnam         c. China
   b. Korea           d. Japan

9. What is the ancient Greek word meaning “skilled in the use of cosmetics”?
   a. kozmetikos                   c. kazamattika
   b. cosmetticoso                 d. cosomotico

10. Where on their faces did women wear colored makeup during the Middle Ages?
    a. eyes and lips                c. eyes and nose
    b. cheeks and lips              d. nose and cheeks

11. What does a manufacturer’s representative do?
    a. train others on product knowledge and how to sell products
    b. perform safety inspections
    c. sell products to customers
    d. perform esthetics treatments on clients

12. What was a bare (shaved or tweezed) eyebrow thought to signify during the Renaissance?
    a. greater social standing      c. greater intelligence
    b. greater wealth               d. greater fertility

13. What do mobile estheticians do?
    a. move from station to station within the salon
    b. own portable equipment and make house or office calls
    c. rotate between several different salons within a chain
    d. work at two or more independently-owned salons

14. What was true of some elaborate hairstyles during the Age of Extravagance?
    a. they contained fountains with running water
    b. they contained gardens and menageries
    c. they contained elaborate electrical light effects
    d. they featured movement created by the use of hydraulics

15. What is product development?
    a. amount of time a product needs to cure before it can be used
    b. practice of getting clients accustomed to certain products
    c. field of creating new products and technologies
    d. practice of building a customer base for a new product
16. When did women pinch their cheeks and bite their lips to add color?
   a. Age of Extravagance
d. Renaissance
   b. Elizabethan Era
c. Victorian Age

17. What career should those with journalistic abilities consider pursuing?
   a. state licensing inspector
d. state board member
   b. esthetics educator
c. esthetics writer

18. What is a buyer’s responsibility?
   a. demonstrating the use of products to salon managers and estheticians
   b. making “secret shopper” visits to ensure stores are not overcharging
   c. purchasing products from one store to resell them in another
   d. purchasing products to be sold and used in stores

19. What term refers to the art of manipulating materials on an atomic or molecular scale?
   a. nucleotechnology
d. microtechnology
   b. minitechnology
c. nanotechnology

20. Who visits spas and salons to ensure compliance with state regulations?
   a. official state spa technician
d. official state esthetician
   b. state licensing inspector
c. state cosmetics regulator

21. What did the ancient Egyptians use to dye hair and tattoo skin?
   a. henna
d. crushed stone
   b. rosemary
c. animal blood

22. What term refers to a profession that integrates surgical procedures with esthetic treatments?
   a. cosmetology
d. makeup stylist
   b. beauty technician
c. medical aesthetician

23. When did women use bleach to make their hair blond?
   a. Renaissance
d. age of the Roman Empire
   b. Middle Ages
c. age of the ancient Greeks

24. What became a common practice in the twentieth century?
   a. creating elaborate hairstyles featuring gardens and menageries
   b. creating body art with henna
   c. dyeing the hair blond with bleach
d. cosmetic surgery
25. What ancient culture commonly offered physical treatments in public baths?
   a. Greek  
   b. Hebrew  
   c. Japanese  
   d. Roman

26. When did a more relaxed approach to clothing, hair, and makeup become popular?
   a. beginning of the twenty-first century  
   b. middle of the eighteenth century  
   c. end of the nineteenth century  
   d. beginning of the twentieth century

27. What ancient culture used the way a person looked naked as the basis for determining beauty?
   a. Greek  
   b. Roman  
   c. Japanese  
   d. Chinese

28. Who issues requests for compounding pharmacies to mix special preparations?
   a. physicians  
   b. nurses  
   c. salon managers  
   d. manufacturer’s representatives

29. What did the ancient Hebrews use to moisten and protect the skin?
   a. olive and grapeseed oils  
   b. henna  
   c. rosemary and thyme  
   d. mineral water

30. What can estheticians do if they obtain a medical license?
   a. dispense drugs in the salon  
   b. prescribe medications  
   c. formulate and sell medications  
   d. perform surgery in the salon

31. What must you obtain before you become an esthetics educator?
   a. medical license  
   b. master’s degree  
   c. doctorate degree  
   d. certification

32. What type of esthetics work requires that you join a union?
   a. booth rental  
   b. mobile esthetician  
   c. manufacturer’s representative  
   d. film and TV makeup artist
33. What should you know before deciding to become a cosmetics buyer?
   a. you must receive certification before becoming a buyer
   b. you will travel a great deal if you become a buyer
   c. you will spend most of your time alone if you become a buyer
   d. you will rarely interact with new people if you become a buyer

34. What type of esthetics work requires the supervision of a mortician?
   a. restoration
   b. revivification
   c. reconstitution
   d. recombination

35. What is a career that requires an outgoing personality for success?
   a. restoration makeup worker
   b. state licensing inspector
   c. esthetics writer
   d. manufacturer’s representative