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# Practice test 1 & 2 for Esthetician

## Written Exam 2023

Which of the following terms defines the study of maintaining and improving the skin?

Select one:

- a. onychology
- b. esthetics
- c. ethical conduct
- d. personal hygiene - Esthetics is the study of maintaining and improving the skin.

How many hours of sleep do most people need to function properly?

Select one:

- a. 1 to 2 hours
- b. 3 to 4 hours
- c. 6 to 8 hours
- d. 9 to 12 hours - Most people need 6 to 8 hours of sleep or they become fatigued and cannot function properly.

The energy contained in food is measured in:

Select one:

- a. calories
- b. degrees
- c. fat content
- d. protein content - The energy contained in food is measured in calories.

Keeping the abdomen flat, the chin level and the head up are key points in having:

Select one:

- a. bad posture
- b. good posture
- c. potential injuries
- d. a poor standing position - Keeping your head up, chin level and abdomen flat are key points in having good posture.

Bacteria that are harmless and can even be beneficial are called:

Select one:

- a. toxins
- b. viruses
- c. pathogenic
- d. nonpathogenic - Nonpathogenic bacteria are harmless and can even be beneficial.

Bacterial cells that cause infection and diseases are:

Select one:

# Esthetician State Board Exam Practice Test

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