## 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 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**

**Esthetic Testing Solutions, Inc** 

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