Practice test 1 & 2 for Esthetician Written Exam with correct ANSWERS 2022

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.

Esthetics Test Answers

Michael Hoelscher

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