

Esthetician State Board Exam

QUICK REFERENCE CHEAT SHEET | NIC / State Board

SKIN TYPES & CHARACTERISTICS

Skin Type	Characteristics	Care Focus
Normal	Balanced oil/moisture; fine pores; no major issues	Maintain balance; SPF
Oily	Enlarged pores; shiny; prone to acne and blackheads	Oil control; salicylic acid; non-comedogenic
Dry	Tight feeling; flaking; fine lines; dull	Hydration; hyaluronic acid; barrier repair
Combination	Oily T-zone; dry cheeks; mixed pores	Zone-specific treatment
Sensitive	Reactive; redness; easily irritated	Gentle ingredients; avoid fragrance/acids
Dehydrated	Lacks water (not oil); any skin type; looks dull	Hydration; humectants
Mature	Loss of elasticity; fine lines; thinning	Peptides; retinol; SPF

CHEMICAL EXFOLIATION AGENTS

Acid	Type	Primary Use
Glycolic Acid	AHA	Exfoliation; anti-aging; hyperpigmentation
Lactic Acid	AHA	Gentler exfoliation; dry/sensitive skin
Salicylic Acid	BHA	Oil-soluble; acne; clogged pores
Mandelic Acid	AHA	Sensitive skin; hyperpigmentation
TCA (trichloroacetic)	Chemical peel	Medium-depth peel; professional use only
Jessner's Peel	Combination	Lactic + salicylic + resorcinol; medical-grade
Retinol / Retinoids	Vitamin A	Cell turnover; wrinkles; requires acclimation

FACIAL TREATMENT STEPS (CLASSIC)

Step	Purpose
1. Consultation & Analysis	Determine skin type, concerns, contraindications
2. Cleanse	Remove makeup and surface debris (double cleanse if needed)
3. Exfoliation	Remove dead cells -- physical or chemical
4. Extraction	Remove comedones; follow proper technique; steam if used
5. Massage	Stimulate circulation; relaxation; lymphatic drainage
6. Mask	Target specific concerns: clay (oily), hydrating (dry), calming (sensitive)
7. Serum + Moisturizer	Active ingredients then seal with moisturizer
8. SPF	Apply sunscreen -- finish every daytime facial

EXAM-DAY TIPS

- + Contraindications: active acne cysts, open wounds, rosacea flare, sunburn, recent chemical peel.
- + Fitzpatrick scale: Types I-VI -- darker skin (V-VI) more prone to hyperpigmentation from peels.
- + Galvanic current: desincrustation uses NaOH to soften sebum; iontophoresis drives products in.
- + High frequency: kills bacteria; good for acne; use with dry gauze.
- + Lymphatic drainage: light pressure only -- too much pressure is counterproductive.
- + Practice 1,000+ questions -> voltexam.com/apps/esthetician

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