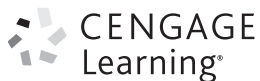


# Milady Standard Esthetics: Fundamentals Exam Review

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*Eleventh Edition*





**Milady Standard Esthetics:  
Fundamentals Exam Review,  
Eleventh Edition**  
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## Foreword

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*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.

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# 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\_\_\_\_\_

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8. Where was the ancient method of hair removal known as threading invented?  
a. Vietnam  
b. Korea  
c. China  
d. Japan \_\_\_\_\_
9. What is the ancient Greek word meaning “skilled in the use of cosmetics”?  
a. *kozmetikos*  
b. *cosmetticoso*  
c. *kazamattika*  
d. *cosomotico* \_\_\_\_\_
10. Where on their faces did women wear colored makeup during the Middle Ages?  
a. eyes and lips  
b. cheeks and lips  
c. eyes and nose  
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  
b. greater wealth  
c. greater intelligence  
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                      c. Victorian Age  
 b. Elizabethan Era                              d. Renaissance                                      \_\_\_\_\_
17. What career should those with journalistic abilities consider pursuing?  
 a. state licensing inspector                      c. esthetics writer  
 b. esthetics educator                              d. state board member                              \_\_\_\_\_
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                              c. nanotechnology  
 b. minitechnology                                      d. microtechnology                                      \_\_\_\_\_
20. Who visits spas and salons to ensure compliance with state regulations?  
 a. official state spa technician  
 b. state licensing inspector  
 c. state cosmetics regulator  
 d. official state esthetician                                      \_\_\_\_\_
21. What did the ancient Egyptians use to dye hair and tattoo skin?  
 a. henna    c. animal blood  
 b. rosemary    d. crushed stone                                      \_\_\_\_\_
22. What term refers to a profession that integrates surgical procedures with esthetic treatments?  
 a. cosmetology    c. medical aesthetician  
 b. beauty technician                                      d. makeup stylist                                      \_\_\_\_\_
23. When did women use bleach to make their hair blond?  
 a. Renaissance    c. age of the Roman Empire  
 b. Middle Ages    d. 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                                      \_\_\_\_\_

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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