



Esthetician State Board Exam Cheat Sheet

1. Infection Control & Safety

Key Concepts

- **Sanitation:** Cleaning visible debris using soap and water.
- **Disinfection:** Using EPA-registered disinfectants to destroy most pathogens.
- **Sterilization:** Destroys all microbial life (autoclave, dry heat).
- **Universal Precautions:** Treat all bodily fluids as infectious.
- **Hand Hygiene:** Wash hands before and after each client.
- **Disinfectant Contact Time:** Follow manufacturer's instructions.

Common Disinfectants

- Quaternary ammonium compounds (Quats)
- Sodium hypochlorite (bleach)
- Phenolic disinfectants
- Alcohol (70% isopropyl or ethyl)

Safety Practices

- Wear gloves, mask, and eye protection when needed.
- Dispose of single-use items immediately.
- Store clean and dirty tools separately.
- Label all containers properly.

2. Anatomy & Physiology

Skin Layers

1. **Epidermis:** Outermost layer; includes stratum corneum, lucidum, granulosum, spinosum, basale.
2. **Dermis:** Contains collagen, elastin, blood vessels, nerves, glands.
3. **Subcutaneous Layer:** Fat and connective tissue for insulation.

Skin Functions

- Protection
- Sensation
- Heat regulation
- Excretion
- Secretion

- Absorption

Skin Types

- Normal
- Oily
- Dry
- Combination
- Sensitive

3. Skin Disorders & Diseases

Common Conditions

- **Acne:** Inflammation of sebaceous glands.
- **Rosacea:** Chronic redness and visible capillaries.
- **Eczema:** Itchy, inflamed skin.
- **Psoriasis:** Thick, scaly patches.
- **Hyperpigmentation:** Dark spots due to excess melanin.
- **Hypopigmentation:** Light patches due to lack of melanin.

Contraindications

- Open wounds
- Contagious diseases
- Recent chemical peels or laser treatments
- Sunburn
- Severe acne or inflammation

4. Facial Procedures

Basic Facial Steps

1. Client consultation
2. Cleansing
3. Skin analysis
4. Exfoliation
5. Extractions (if needed)
6. Massage
7. Mask application
8. Toner and moisturizer
9. Post-care instructions

Massage Movements

- Effleurage: Light, gliding strokes
- Petrissage: Kneading

- **Tapotement:** Tapping
- **Friction:** Deep circular movements
- **Vibration:** Shaking or trembling

5. Hair Removal

Methods

- **Temporary:** Shaving, tweezing, waxing, threading, depilatories.
- **Permanent:** Electrolysis, laser hair removal.

Waxing Tips

- Test wax temperature before application.
- Apply in direction of hair growth.
- Remove opposite direction quickly.
- Apply pressure after removal to soothe skin.

6. Makeup Application

Foundation Types

- Liquid, cream, powder, stick, mineral.

Face Shapes

- Oval, round, square, heart, diamond, oblong.

Color Theory

- Complementary colors neutralize each other.
- Warm tones: yellow, orange, red.
- Cool tones: blue, green, violet.

7. Electricity & Equipment

Modalities

- **Galvanic:** Uses direct current for iontophoresis and desincrustation.
- **High Frequency:** Kills bacteria, stimulates circulation.
- **LED Light Therapy:** Reduces acne, promotes collagen.
- **Steamer:** Softens skin and opens pores.

Safety

- Check cords and plugs.
- Avoid water near electrical devices.

- Do not use on clients with pacemakers or metal implants.

8. Chemistry & Product Knowledge

pH Scale

- 0–6: Acidic
- 7: Neutral
- 8–14: Alkaline

Product Categories

- Cleansers
- Toners
- Exfoliants
- Masks
- Serums
- Moisturizers
- Sunscreens

Ingredients

- **Humectants:** Attract moisture (glycerin, hyaluronic acid)
- **Emollients:** Soften skin (shea butter, oils)
- **Exfoliants:** Remove dead cells (AHA, BHA)
- **Antioxidants:** Protect from free radicals (vitamin C, E)

9. State Board Practical Exam Tips

Preparation

- Label all containers clearly.
- Bring extra supplies.
- Maintain sanitation throughout.
- Follow examiner instructions exactly.

Common Tasks

- Setup and disinfection
- Client draping
- Cleansing and analysis
- Exfoliation and massage
- Mask and finishing steps
- Cleanup and sanitation

10. Professional Conduct

- Maintain confidentiality.
- Obtain informed consent.
- Keep accurate client records.
- Continue education and stay updated on regulations.
- Display license visibly in the workspace.

Quick Reference

Topic	Key Points
Disinfection	EPA-registered, follow contact time
Skin Layers	Epidermis, Dermis, Subcutaneous
Facial Steps	Cleanse → Analyze → Exfoliate → Massage → Mask
Massage Movements	Effleurage, Petrissage, Tapotement, Friction, Vibration
Hair Removal	Waxing, Tweezing, Electrolysis
pH Range	0–14 (7 neutral)
Electric Modalities	Galvanic, High Frequency, LED
Exam Focus	Sanitation, Procedure Order, Professionalism