



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
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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
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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
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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.
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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.
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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.
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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)
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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
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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