

Chapter 5-2: Skin Analysis

Chapter Test | Multiple Choice | Esthetics Program

Name:	Date:	Score: / 52
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Instructions: Circle the letter of the best answer. Each question is worth 1 point. Answer all 52 questions.

Section 1: Skin Types & Characteristics

Type vs. condition, skin typing basics, dry/normal/combo/oily/dehydrated/aging | Questions 1–14

1. Healthy skin is best described as:

(a) Smooth, moist, and free of blemishes	(b) Full of comedones
(c) Oily, with a lot of blackheads	(d) Dehydrated and dry

2. Skin TYPE is primarily determined by:

(a) Diet and lifestyle	(b) Genetics
(c) Climate where you live	(d) Skincare products used

3. Skin typing is based on:

(a) Pore size and skin tone	(b) The amount of oil produced from the follicles and the lipid content between the cells
(c) Hydration levels alone	(d) Age and ethnicity

4. What is the key difference between a skin TYPE and a skin CONDITION?

(a) Skin types are temporary; skin conditions are permanent	(b) They are the same thing — the terms are interchangeable
(c) Skin types are genetic and largely fixed; skin conditions are influenced by internal and external factors and can change	(d) Only estheticians can identify skin conditions

5. Normal skin is characterized by:

(a) A good oil/water balance and freedom from blemishes	(b) A good sweat and water balance and freedom from blemishes
(c) Good moisture and a small amount of blackheads	(d) Good oil production and large pores in the T-zone

6. Which skin type has small pores?

(a) Oily	(b) Normal
(c) Combination	(d) Dry

7. Oily skin is characterized by:

(a) Small pores	(b) An overabundance of sebaceous gland activity
(c) Lack of oil	(d) Larger follicles and excess sebum

8. Skin that is oily and dry at the same time is called:

(a) Dehydrated	(b) Premature
(c) Combination	(d) Slightly dry

9. Which skin type has dry patches AND oily areas at the same time?

(a) Dry	(b) Normal
(c) Oily	(d) Combination

10. Combination skin typically has pores that:

(a) Are large everywhere	(b) Are small everywhere
(c) Change from larger in the T-zone to medium outside the T-zone	(d) Change from medium in the T-zone to smaller outside the T-zone

11. Where on the face and body do you typically see the largest pores?

(a) Forehead, cheeks, eyelids	(b) Forehead, nose, cheeks
(c) Forehead, nose, back	(d) Forehead, chest, back

12. What is dehydrated skin?

(a) Skin that lacks oil	(b) Skin that lacks water
(c) Skin with blemishes	(d) Skin characterized by redness and small pores

13. What does the term "alipidic" mean?

(a) Lack of water	(b) Lack of vitamins
(c) Lack of oil	(d) None of the above

14. Which skin type is characterized by a lack of elasticity?

(a) Dry	(b) Dehydrated
(c) Aging	(d) Oily

Section 2: Fitzpatrick Scale & Skin of Color

UV tolerance, skin background, melanin, hyperkeratosis | Questions 15–23

15. What does the Fitzpatrick Scale measure?

(a) The amount of dryness in the skin	(b) The amount of oil in the skin
(c) The result of stressful stimulants on the skin	(d) The skin's ability to tolerate UV (sun) exposure

16. Fitzpatrick Type I skin typically:

(a) Rarely burns and tans easily	(b) Always burns, peels, and does not tan
(c) Tans well with moderate burning	(d) Burns minimally and tans easily

17. Fitzpatrick Type VI skin typically:

(a) Always burns, never tans	(b) Burns moderately and tans well
(c) Rarely or never burns; tans easily	(d) Burns easily and peels with sun exposure

18. Which Fitzpatrick skin type is generally the most sensitive and reactive to UV exposure?

(a) Type IV	(b) Type V
(c) Type VI	(d) Type I

19. Which Fitzpatrick skin type is often considered the most CHALLENGING to treat because it tends to hyperpigment easily?

(a) Type I	(b) Type II
(c) Type IV	(d) Type VI

20. Clients with higher Fitzpatrick skin types have darker skin because:

(a) They have more melanocytes than lighter-skinned clients	(b) They have the same number of melanocytes, but the melanocytes produce more melanin
(c) They have additional layers in the epidermis	(d) They have larger sebaceous glands

21. Hyperkeratosis (excess buildup of dead skin cells), which is common in Fitzpatrick types V and VI, is best treated with:

(a) Avoiding all exfoliation	(b) More frequent exfoliation and deep pore cleansing
(c) Daily steam treatments	(d) Aggressive chemical peels at every visit

22. Which skin background is generally described in the textbook as one of the most reactive and easily sensitized?

(a) Black	(b) Hispanic
(c) Asian	(d) Native American

23. Which skin background generally shows the slowest visible signs of aging?

(a) Asian	(b) Black
(c) Caucasian	(d) Hispanic

Section 3: Skin Analysis Procedure & Tools

Intake forms, magnifying lamp, inspection technique | Questions 24–28

24. Which forms are needed for proper interaction with a client?

(a) Tax form, W-2, and ID	(b) Intake form, consent form, and client chart (or service record card)
(c) Insurance card and emergency contact only	(d) No paperwork is required for a routine facial

25. When inspecting a client's skin, what should you look for?

(a) Dilated capillaries	(b) Evenness of color
(c) Texture and dryness	(d) All of the above

26. What should you cover on the client when performing skin analysis with a magnifying lamp?

(a) The eyes	(b) The forehead with a towel
(c) The mouth with cotton pads	(d) All of the above

27. What are you primarily looking for when examining the skin through a magnifying lamp?

(a) Skin tone and pigmentation only	(b) Skin condition and skin type
(c) Skin type and hormonal imbalance	(d) Skin condition and vitiligo

28. When removing product from a male client's face, in what direction should you wipe?

(a) Upward	(b) From left to right
(c) Downward	(d) Opposite the direction of hair growth

Section 4: Common Skin Conditions

Milia, rosacea, couperose, hyperkeratinization, sensitized skin | Questions 29–36

29. What are milia?

(a) Oil and dead skin cells trapped beneath the surface of the skin	(b) A buildup of cells characterized by a rough texture
(c) Clogged pores caused by a buildup of debris	(d) An acid used to exfoliate the skin

30. What is rosacea?

(a) A fluid infection or other matter under the skin	(b) A raised lesion or blemish
(c) Chronic redness — papules and pustules may also be present	(d) An infected papule with fluid inside

31. Rosacea is typically aggravated by:

(a) All spa treatments	(b) Caffeine and spicy food
(c) Bland food	(d) Lack of sun exposure

32. What is couperose skin?

(a) Treatments that could cause negative side effects in clients with certain medical conditions	(b) Distended capillaries from weakened capillary walls
(c) An excessive buildup of dead skin cells	(d) Oiliness of the skin

33. Which best describes hyperkeratinization?

(a) Distended capillaries from weakened capillary walls	(b) Oiliness of the skin
(c) Damage caused by sun exposure	(d) An excessive buildup of dead skin cells

34. On which type of skin would you AVOID using vacuum?

(a) Dry skin	(b) Oily skin
(c) Couperose skin	(d) Combination skin

35. Beyond a genetic predisposition, sensitized skin can develop from:

(a) Drinking water and eating vegetables	(b) Wearing sunscreen daily
(c) Exposure to harsh products, heat, over-exfoliation, and chemical irritants	(d) Genetics alone — external factors do not contribute

36. The primary treatment goals for sensitive or sensitized skin are to:

(a) Exfoliate aggressively to remove dead cells	(b) Increase circulation with vigorous massage
(c) Soothe, calm, and protect	(d) Use highly active ingredients to repair the barrier quickly

Section 5: Aging, Lifestyle & Neck/Décolleté

Premature aging causes, tech neck, healthy habits, free radicals | Questions 37–43

37. Which internal (intrinsic) factor can cause irregular pigmentation?

(a) Diabetes	(b) Hormonal imbalance
(c) Sun exposure	(d) None of the above

38. What is the main cause of premature EXTRINSIC aging?

(a) Stress	(b) UV exposure / sun damage
(c) Genetics	(d) Lack of sleep

39. Most skin types age faster when exposed to:

(a) Humidity	(b) Low altitudes
(c) Dampness	(d) Air pollutants

40. Which best describes free radicals?

(a) Vitamins, amino acids, and other natural substances	(b) Substances that stimulate fibroblasts (the cells that produce collagen and elastin)
(c) Chemicals that improve muscle tone and the appearance of sagging skin	(d) Aggressive, unstable, oxygen-containing molecules

41. Which habit is harmful to the skin?

(a) Drinking plenty of water	(b) Smoking
(c) Eating vegetables	(d) Eating antioxidant-rich foods

42. Why do the neck and décolleté show signs of aging more quickly than the face?

(a) They have more sweat glands than the face	(b) They have fewer sebaceous glands and are more susceptible to irritation
(c) They have thicker skin that reacts to gravity faster	(d) They are not exposed to the sun

43. What is "tech neck"?

(a) A buildup of dead skin cells on the back of the neck	(b) Wrinkles on the neck caused by repeatedly looking down at phones and electronic devices
(c) A bacterial infection from prolonged earbud use	(d) A type of acne caused by stress

Section 6: Treatments & Contraindications

Treatment selection, contraindications, prevention, restricted ingredients | Questions 44–52

44. What is a contraindication?

(a) A buildup of cells characterized by a rough texture	(b) A scale used to measure the skin's ability to tolerate sun exposure
(c) A skin or medical condition that could cause a treatment to have negative effects	(d) Free radical scavengers, vitamins, and ingredients

45. Before beginning any new procedure, you must determine if your client has any:

(a) Payment plan	(b) Contraindications or sensitivities
(c) Phobias	(d) Medical insurance

46. Before performing aggressive treatments (peels, waxing, exfoliation) on a client who has used isotretinoin (Accutane), how long must they have been off the medication?

(a) 1 week	(b) 1 month
(c) 6 months	(d) 2 years

47. A client using oral steroids (such as prednisone) should:

(a) Receive aggressive exfoliating treatments to compensate	(b) Avoid stimulating, exfoliating treatments and waxing — skin may bruise more easily
(c) Be treated normally with no precautions	(d) Only receive chemical peels

48. Which treatments should be AVOIDED on a pregnant client without their physician's written permission?

(a) Gentle cleansing	(b) Electrical treatments, chemical peels, and aggressive ingredients
(c) Application of toner	(d) A light moisturizer

49. A paraffin wax mask is most beneficial for:

(a) Oily skin	(b) Acneic skin
(c) Skin with active blemishes	(d) Aging skin

50. What is the BEST approach for reducing sun damage?

(a) Chemical peel	(b) Humectants
(c) Glycolic acid	(d) Prevention (sunscreen and sun avoidance)

51. What is the primary treatment goal for dehydrated skin?

(a) Add vitamins to the skin	(b) Add oil to the skin
(c) Apply serum to the skin	(d) Hydrate (add water to) the skin

52. Which products are recommended for the neck and décolleté?

(a) Harsh exfoliating acids at high concentrations	(b) Strong fragrances and astringents
(c) Antioxidants, growth factors, and moisturizers — and avoid harsh ingredients	(d) Heavy occlusive ointments only