

# Chapter 6-2: Skin Care Products

Chapter Test | Multiple Choice | Esthetics Program

<b>Name:</b>	<b>Date:</b>	<b>Score:</b> / 89
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**Instructions:** Circle the letter of the best answer. Each question is worth 1 point. Answer all 89 questions.

## Section 1: Cosmetic Regulation, Labeling & Safety

*FDA, FTC, cosmetic vs. drug, ingredient labeling, allergens, adverse reactions* | Questions 1–11

**1. By legal definition, a cosmetic is a product that is intended to:**

( a ) Cause physiological changes to the skin	( b ) Treat and cure skin diseases
( c ) Affect the appearance of the skin	( d ) Change the structure of the skin

**2. A product intended to cause physiological changes to the structure or function of the skin is legally classified as a:**

( a ) Botanical	( b ) Cosmetic
( c ) Toner	( d ) Drug

**3. By definition, the purpose of a cosmetic is to:**

( a ) Treat conditions	( b ) Heal communicable diseases
( c ) Treat diseases	( d ) Beautify and promote attractiveness

**4. Which U.S. agency has jurisdiction over the safety, labeling, and claims of cosmetics?**

( a ) EPA	( b ) FTC
( c ) FDA	( d ) OSHA

**5. The FDA regulates cosmetics primarily in the areas of:**

( a ) Safety, labeling, and claims	( b ) Comedogenicity
( c ) Allergenicity	( d ) Antioxidant content

**6. Which agency regulates the advertisement of cosmetics?**

( a ) FTC	( b ) EPA
( c ) OSHA	( d ) FDA

**7. On a product label, cosmetic ingredients are listed:**

( a ) In descending order of concentration	( b ) Only if requested
( c ) In ascending order	( d ) In no particular order

**8. Why are INCI names used to list ingredients on product labels?**

( a ) To make labels look scientific	( b ) To keep formulas secret
( c ) To meet advertising rules	( d ) To list ingredients consistently worldwide so consumers can compare products

**9. Which ingredients are most likely to irritate the skin or cause an allergic reaction?**

( a ) Lubricants	( b ) Humectants
( c ) Emollients	( d ) Fragrances

**10. If a client has an adverse reaction to a product during a facial, the esthetician should FIRST:**

( a ) Apply more product to soothe it	( b ) Send the client home
( c ) Immediately remove the product	( d ) Continue the treatment to finish quickly

**11. After removing a product that caused a reaction, the skin should be rinsed with:**

( a ) An astringent	( b ) Hot water
( c ) Cool water	( d ) An exfoliating scrub

## Section 2: Functional Ingredients

*Binders, surfactants, emulsifiers, preservatives, and vehicles | Questions 12–21*

**12. Functional ingredients are best described as those that:**

( a ) Make up the majority of a product	( b ) Make up the minority of a product
( c ) Are concentrated acids	( d ) Are mostly water only

**13. What ingredient helps hold all the ingredients in a product together?**

( a ) Blender	( b ) Solvent
( c ) Binder	( d ) Solution

**14. Which ingredients act as a bridge that allows oil and water to mix, or emulsify?**

( a ) Solvents	( b ) Surfactants
( c ) Solutions	( d ) Suspensions

**15. What is the function of emulsifiers?**

( a ) Keep mineral and coconut oils blended	( b ) Keep oil and water blended in a product
( c ) Keep oil and water separate	( d ) Dissolve dead cells

**16. What keeps oil blended in a product?**

( a ) Humectants	( b ) Enzymes
( c ) Lipids	( d ) Emulsifiers

**17. The main type of surfactant used in skin care products is:**

( a ) Acids that dissolve cells	( b ) Emulsifiers that lift dirt off the skin
( c ) Detergents that reduce surface tension and lift dirt and oils off the skin	( d ) Detergents that keep oil and water blended

**18. A preservative is an example of:**

( a ) An inactive (functional) ingredient	( b ) An allergen
( c ) An active ingredient	( d ) An enzyme

**19. Products that do not contain preservatives can become contaminated with:**

( a ) Oxygen	( b ) Lipids
( c ) Water	( d ) Bacteria

**20. One of the oldest preservatives, used to combat bacteria and molds, is:**

( a ) Salicylic acid	( b ) Mineral oil
( c ) Methylparaben	( d ) Sodium bicarbonate

**21. A product described as anhydrous is one that:**

( a ) Contains a lot of water	( b ) Contains a lot of oil
( c ) Is rich in vitamins	( d ) Contains no water

## Section 3: Performance Ingredients & Skin Conditioning

Antioxidants, emollients, humectants, hydrators, and delivery vehicles | Questions 22–35

### 22. Which ingredients actually benefit the skin?

( a ) Active or performance ingredients	( b ) Neutral or acidic ingredients
( c ) Binders and solvents	( d ) Inactive or functional ingredients

### 23. An antioxidant is a substance that:

( a ) Inhibits reactions promoted by oxygen or peroxides	( b ) Removes natural oils
( c ) Clogs pores	( d ) Increases sun sensitivity

### 24. Which ingredient can help calm the skin and tone down redness?

( a ) A gel mask	( b ) Grapeseed extract
( c ) Lipids	( d ) A brush machine

### 25. Which type of ingredient softens the skin?

( a ) Enzymes	( b ) Lubricants (emollients)
( c ) Antioxidants	( d ) Fragrances

### 26. Which ingredients help keep moisture in the skin and prevent dehydration?

( a ) Emollients	( b ) Cosmetic dyes
( c ) Detergents	( d ) Silicone only

### 27. What attracts moisture to the skin's surface?

( a ) Humectants	( b ) Cleansers
( c ) Healing agents	( d ) Preservatives

### 28. Hydrators are formulated with:

( a ) Humectants that attract water to the skin	( b ) Liposomes that attract water
( c ) Antioxidants that attract moisture	( d ) Water that attracts moisture

**29. Most moisturizing products are basically combinations of:**

( a ) Jojoba beads and humectants	( b ) Zinc oxide and hydrophilic agents
( c ) Emollients and humectants	( d ) Hydrators and humectants

**30. Which ingredient is an excellent skin softener and humectant?**

( a ) Essential oils	( b ) Glycerin
( c ) Zinc oxide	( d ) Calendula

**31. What is the function of silicone in skin care products?**

( a ) It creates a protective film on the skin	( b ) It treats sun spots
( c ) It is used for disincrustation	( d ) It exfoliates the skin

**32. One of the lightest and least comedogenic natural oils is:**

( a ) Jojoba	( b ) Coconut
( c ) Cocoa butter	( d ) Palm

**33. When water acts as a performance ingredient, it can:**

( a ) Block the pores	( b ) Keep ingredients in solution
( c ) Replenish the moisture in the skin's surface	( d ) Reduce surface tension

**34. Almost all skin care products are a mixture of:**

( a ) Cream and powder	( b ) Cream and oil
( c ) Oil and water	( d ) Water and powder

**35. Liposomes are best described as:**

( a ) Preservatives that extend shelf life	( b ) Acids that exfoliate the skin
( c ) Vehicles that deliver hydrators, antioxidants, and AHAs by slowly dissolving over time	( d ) Enzymes that digest dead cells

## Section 4: Ingredient Sources & Botanicals

Natural vs. lab sources, plant extracts, soothing and drying agents | Questions 36–46

**36. An ingredient derived from both animal and herb sources is described as:**

( a ) Chemical	( b ) Synthetic
( c ) Organic	( d ) Inorganic

**37. A botanical ingredient originates from:**

( a ) An animal	( b ) A mineral
( c ) A plant	( d ) A laboratory chemical

**38. Which substance is derived from chamomile and soothes sensitive skin with anti-inflammatory properties?**

( a ) Allantoin	( b ) Boric acid
( c ) Algae	( d ) Azulene

**39. Which plant has calming and soothing properties?**

( a ) Algae	( b ) Sulfur
( c ) Chamomile	( d ) Echinacea

**40. Which is an anti-inflammatory plant extract?**

( a ) Calendula	( b ) Grape
( c ) Apple	( d ) Orange

**41. Which herb is commonly used in a solution with alcohol and water as an astringent?**

( a ) Azulene	( b ) Lavender
( c ) Calendula	( d ) Witch hazel

**42. Which sea-derived product contains minerals and phytohormones?**

( a ) Azulene	( b ) Algae
( c ) Allantoin	( d ) Glycerin

**43. Which botanical is considered nontoxic, nonsensitizing, and nonirritating?**

( a ) Cinnamon	( b ) Eucalyptus
( c ) Lavender	( d ) Wintergreen

**44. Retinol is a form of which vitamin?**

( a ) Vitamin C	( b ) Vitamin A
( c ) Vitamin B	( d ) Vitamin D

**45. An ingredient commonly used in acne products to reduce oil-gland activity is:**

( a ) Sodium bicarbonate	( b ) Sulfur
( c ) Witch hazel	( d ) Titanium dioxide

**46. Which is a drying ingredient with antibacterial properties used for acne?**

( a ) Benzoyl peroxide	( b ) Glycerin
( c ) Zinc oxide	( d ) Titanium dioxide

## Section 5: Sun Protection

*Chemical vs. physical sunscreens, mineral blockers, and SPF | Questions 47–53*

**47. The two basic types of sunscreen ingredients are:**

( a ) Cream and gel	( b ) Liquid and powder
( c ) Natural and organic	( d ) Chemical and physical

**48. Physical sunscreen ingredients protect the skin by:**

( a ) Dissolving dead cells	( b ) Adding moisture
( c ) Absorbing UV and converting it to heat	( d ) Reflecting or scattering ultraviolet radiation

**49. What does titanium dioxide do to UV rays?**

( a ) Has no effect on them	( b ) Reflects UV rays
( c ) Dissolves UV rays	( d ) Absorbs UV rays

**50. Titanium dioxide is best described as:**

( a ) A natural ingredient that blocks UV rays	( b ) A chemical that blocks infrared rays
( c ) An ingredient that darkens skin tone	( d ) An ingredient that prevents allergic reactions

**51. The most important active ingredients in physical sunscreen products are:**

( a ) Talc and silica	( b ) Zinc oxide and titanium dioxide
( c ) Titanium oxide and zinc dioxide	( d ) Red oxide and uranium dioxide

**52. An SPF (sun protection factor) rating indicates:**

( a ) How waterproof a product is	( b ) How long a sunscreen protects against UVB rays
( c ) How much fragrance is added	( d ) The price of the product

**53. Which products offer particular protection against premature aging of the skin?**

( a ) Sunscreen products	( b ) Preservatives
( c ) Setting masks	( d ) Nonsetting masks

## Section 6: Exfoliation

*Mechanical and chemical exfoliation, AHAs, BHAs, enzymes, and peels | Questions 54–70*

**54. Exfoliation is best defined as the:**

( a ) Removal of dead epidermal cells, which improves the look of most skin types	( b ) Removal of stratum lucidum cells
( c ) Removal of dead dermal cells	( d ) Addition of moisture to the skin

**55. Which of the following makes the skin smoother, helps product penetration by unblocking the surface, and promotes stimulation?**

( a ) Hot towels	( b ) Aromatherapy
( c ) Exfoliation	( d ) Extractions

**56. Mechanical exfoliation removes dead skin cells by:**

( a ) Dissolving them with enzymes	( b ) Physically polishing them off the surface
( c ) Changing the skin's pH	( d ) Using hydroxy acids

**57. Chemical exfoliation with acids works by:**

( a ) Physically rubbing dead cells off	( b ) “Eating” cells like a packman
( c ) Massaging the skin	( d ) Dissolving dead cells or the intercellular “glue” with agents such as AHAs or BHAs

**58. How do AHAs work on the skin?**

( a ) Convert oil into soap	( b ) Digest dead cells
( c ) Dissolve the intercellular glue between cells	( d ) Reflect UV rays

**59. Which products are used to chemically exfoliate the skin?**

( a ) Occlusives	( b ) Melanin
( c ) Antioxidants	( d ) Acids

**60. Which of the following is an AHA?**

( a ) Potassium hydroxide	( b ) Salicylic acid
( c ) Sodium bicarbonate	( d ) Glycolic acid

**61. Salicylic acid is classified as a(n):**

( a ) AHA	( b ) Phenol
( c ) Enzyme	( d ) BHA

**62. Which enzymes are used for exfoliation?**

( a ) Silicones	( b ) Lactic, malic, tartaric
( c ) Salicylic	( d ) Papain, bromelain, pancreatin

**63. Chemical exfoliation with enzymes is a method that:**

( a ) Dissolves the intercellular glue with AHAs	( b ) Works like a packman, digesting dead surface cells
( c ) Physically rubs dead cells off	( d ) Reflects UV rays

**64. Which technique combines an enzyme with a mechanical peeling?**

( a ) Mineral oil	( b ) Powder enzymes
( c ) Gommage	( d ) Clay mask

**65. Which exfoliation method is rubbed off the skin?**

( a ) AHAs	( b ) BHAs
( c ) Enzymes	( d ) Gommage

**66. For an exfoliating acid to be effective, its pH needs to be:**

( a ) Equal to the skin's pH	( b ) Exactly neutral
( c ) Higher than the skin's pH	( d ) Lower than the skin's pH

**67. The best exfoliation choice for ultra-sensitive skin is:**

( a ) Benzoyl peroxide	( b ) An enzyme
( c ) Glycolic acid	( d ) Tartaric acid

**68. Sources of glycolic acid include:**

( a ) Citrus only	( b ) Sugarcane
( c ) Willow bark	( d ) Seaweed

**69. Sources of salicylic acid include:**

( a ) Sugarcane	( b ) Apples
( c ) Willow bark and wintergreen	( d ) Seaweed and algae

**70. Fair-skinned clients with fine creases and only slightly sagging skin are ideal candidates for:**

( a ) Dermabrasion	( b ) Chemical peeling
( c ) Liposuction	( d ) A facelift (rhytidectomy)

## Section 7: Masks

Setting, nonsetting, clay, paraffin, and thermal (modelage) masks | Questions 71–79

**71. The two general categories of masks are:**

( a ) Setting and nonsetting	( b ) Mineral and oil
( c ) Vita-mineral and oil-setting	( d ) Moisturizing and nonsetting

**72. A nonsetting mask is designed to:**

( a ) Be left on overnight	( b ) Remain moist on the skin to provide nourishment
( c ) Dry and harden on the skin	( d ) Peel off in one solid piece

**73. What is the major function of a clay mask?**

( a ) Absorption	( b ) Softening
( c ) Hydration	( d ) Moisturizing

**74. A clay mask is most beneficial for:**

( a ) Oily and acneic skin	( b ) Mature skin
( c ) Normal skin	( d ) Sensitive skin

**75. What is used to apply a paraffin mask?**

( a ) Sponge	( b ) Fingers
( c ) Spatula	( d ) Brush

**76. A paraffin mask is beneficial because it:**

( a ) Decreases circulation	( b ) Cools the skin
( c ) Tightens the skin only	( d ) Helps product penetration

**77. A paraffin mask is most beneficial for:**

( a ) Blemished skin	( b ) Oily skin
( c ) Dry or aging skin	( d ) Acneic skin

**78. Which skin type would benefit from modelage (thermal) masks?**

( a ) Acneic skin	( b ) Dry, mature, or dull-looking skin
( c ) Oily skin with comedones	( d ) Sensitive skin with rosacea

**79. Which ingredients are used to make a modelage (thermal) mask?**

( a ) Paraffin, gypsum, water	( b ) Gypsum, zinc oxide, water
( c ) Gypsum, serum, cream	( d ) Gypsum and water

## Section 8: Cleansers, Product Selection & Retailing

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*Cleansers, toners, soaps, professional products, and retailing | Questions 80–89*

**80. The three basic forms of cleansers are:**

( a ) Face wash, AHA, creams	( b ) Lotion, astringent, creams
( c ) Face wash, lotions, and creams	( d ) Lotion, toners, creams

**81. Cleansers do NOT:**

( a ) Restore the pH balance of the skin	( b ) Unblock pores
( c ) Dissolve dirt and makeup	( d ) Clean the skin

**82. Which product removes residue left behind by cleansers?**

( a ) Herb	( b ) Exfoliant
( c ) Paraffin	( d ) Toner

**83. Soaps are:**

( a ) Solutions	( b ) Neutral
( c ) Alkaline	( d ) Highly acidic

**84. Why should you avoid an alkaline antibacterial soap during cleansing?**

( a ) Because soap opens pores	( b ) Because soap is alkaline and disrupts the acid mantle
( c ) Because soap is acidic	( d ) Because soap does nothing

**85. Which of the following is a main category of professional skin care products?**

( a ) Sutures	( b ) Cleansers
( c ) Bandages	( d ) Scalpels

**86. One advantage of professional products over over-the-counter brands is the ability to:**

( a ) Use weaker ingredients	( b ) Sell only in stores
( c ) Avoid active ingredients	( d ) Customize for all skin types and conditions

**87. Why is retailing an important part of an esthetician's job?**

( a ) It helps the esthetician and business be financially successful and helps clients reach their skin goals	( b ) It lowers the cost of products
( c ) It is required by the FDA	( d ) It replaces the need for treatments

**88. The three steps to successful retailing are:**

( a ) Discount, upsell, follow up	( b ) Provide product education, present precise instructions, and practice professional follow-up
( c ) Educate, collect payment, rebook	( d ) Sample, sell, ignore

**89. A good way to determine the actual cost of a product to a client is to:**

( a ) Ignore the purchase price	( b ) Look only at the wholesale total
( c ) Break the purchase price down into a daily or weekly cost	( d ) Double the retail price

— End of Test —