

Chapter 8-II: Facial Treatments

Student Homework | Esthetics Program

Name: _____ Date: _____ Score: _____ / 60 pts

Section A: Facial Basics & Benefits

Fundamentals of the facial service | Questions 1–6

Instructions: Fill in each blank with the correct term.

1. What keeps an esthetician informed and up to date in their field?

Instructions: Circle TRUE or FALSE.

#	Statement	TRUE	FALSE
2.	An esthetician is allowed to diagnose and treat medical skin conditions such as rosacea or cystic acne.	T	F
3.	Giving the client a skin analysis, education, and consultation is part of the facial service.	T	F

Instructions: Circle the letter of the best answer.

4. A facial treatment is best described as:

- a) A professional service to improve the health and appearance of the facial skin
- b) A medical procedure to cure skin diseases
- c) A makeup application service only
- d) A type of body massage

5. Which of the following is NOT a benefit of a facial?

- a) Deep cleansing of the skin
- b) Increasing circulation
- c) Diagnosing skin diseases
- d) Softening the look of wrinkles

6. Four essential skills for a successful esthetician include all of these EXCEPT:

- a) Strong knowledge of skin and skin care
- b) Excellent customer service and communication
- c) Prescribing medication to clients
- d) Ongoing education

Section B: Client Preparation & Setup

Preparing the client and the room | Questions 7–12

Instructions: Fill in each blank with the correct term.

7. To remove product from a jar in a sanitary way, you should use a _____.

8. Supplies should be assembled and arranged in an _____ (neat and organized).

9. When you make the client comfortable and relaxed, you put them _____ (calm and stress-free).

10. Before you touch the client's face, you must wash and sanitize your _____.

Instructions: Circle the letter of the best answer.

11. Why should you drape the client's head before a facial?

- a) To protect the hair and keep product out of it
- b) To keep the client warm

- c) To hide the client's face
- d) Draping is not necessary

12. When should a client be asked to arrive for their facial appointment?

- a) Exactly on time
- b) 15 minutes early
- c) 30 minutes late
- d) Whenever they like

Section C: Cleansing

The cleansing procedure | Questions 13–18

Instructions: Fill in each blank with the correct term.

13. Before cleansing the face, you should first remove the client's _____ color (their lipstick).
14. When cleansing the lips, start at the _____ (a) corner and move toward the _____ (b).
15. To remove cleanser, use wet _____ (a) (or sponges), and start at the _____ (b) of the face.

Instructions: Circle TRUE or FALSE.

#	Statement	TRUE	FALSE
16.	It is acceptable to let water or product drip down the client's neck, eyes, or ears.	T	F

Instructions: Circle the letter of the best answer.

17. To clean eye makeup, you should use a _____ amount of eye makeup remover.
- a) large
 - b) small
 - c) generous
 - d) unlimited
18. To clean the eyelids and lashes, you should use gentle _____ movements.
- a) upward
 - b) downward
 - c) fast scrubbing
 - d) sideways

Section D: Exfoliation, Steaming & Extractions

Deep-cleansing the skin | Questions 19–28

Instructions: Use a word from the WORD BANK below to fill in each blank. Each word is used once.

WORD BANK		
exfoliation	extraction	desincrustation

19. The process that removes dead surface cells, makes skin smoother, and helps products penetrate is called _____.
20. The manual removal of impurities and comedones (blackheads) from the skin is called _____.
21. The procedure used before extraction to soften sebum, oil, and debris in the follicle is called _____.

Instructions: Fill in each blank with the correct term.

22. Before extractions can be done, the skin must first be _____ (a) and _____ (b).

Instructions: Circle TRUE or FALSE.

#	Statement	TRUE	FALSE
23.	Lancets may be used freely in every state without checking the rules of the state board.	T	F

Instructions: Circle the letter of the best answer.

- 24. During a facial, the steamer should be placed about how far from the client's face?**
- About 5 inches
 - About 18 inches (16–18 in)
 - About 3 feet
 - Touching the skin
- 25. When performing extractions, you should concentrate on how much area at a time?**
- The whole face at once
 - One area at a time
 - Both cheeks together
 - It does not matter
- 26. When extracting on the nose, you should avoid pressing down hard on the _____.**
- cheeks
 - cartilage / nostrils
 - forehead
 - chin
- 27. Cysts and nodules should be:**
- Extracted by the esthetician
 - Left completely untreated
 - Referred to a dermatologist
 - Steamed only
- 28. Number these basic facial steps 1–6 in the correct order.**
- _____ Cleansing
 - _____ Skin analysis
 - _____ Exfoliation
 - _____ Extractions
 - _____ Massage
 - _____ Mask

Section E: Massage & Masks

Treatment and finishing steps | Questions 29–33

Instructions: Fill in each blank with the correct term.

- 29. The facial step that relaxes the client and increases circulation and metabolism is the _____.**

Instructions: Circle TRUE or FALSE.

#	Statement	TRUE	FALSE
30.	Cold towels can be used at the end of a service to soothe the skin and tighten the look of the pores.	T	F

Instructions: Circle the letter of the best answer.

- 31. Which type of mask is best for drawing impurities from the pores and tightening/toning the skin?**
- Cream mask
 - Gel mask
 - Clay (or mud) mask
 - Paraffin mask

32. After extractions, what kind of mask is most beneficial for the skin?

- a) A stimulating mask
- b) A soothing, calming (healing) mask
- c) A drying mask
- d) No mask at all

33. A mask is usually left on the face for about how long?

- a) 1–2 minutes
- b) 7–10 minutes
- c) 30–40 minutes
- d) 1 hour

Section F: Finishing & Home Care

Product application and client home care | Questions 34–41

Instructions: Fill in each blank with the correct term.

34. The product applied at the end of a facial to seal in moisture and protect the skin barrier is the _____.

35. You should never send a client out with a freshly exfoliated face without applying _____.

Instructions: Circle TRUE or FALSE.

#	Statement	TRUE	FALSE
36.	For acne-prone skin, over-cleansing the skin is recommended to keep it clear.	T	F

Instructions: Circle the letter of the best answer.

37. Serums, eye creams, and lip creams should be applied _____ the final moisturizer.

- a) after
- b) before
- c) instead of
- d) at the same time as

38. An express (mini) facial usually leaves out which steps?

- a) Cleansing and masking
- b) Steaming, massage, and extractions
- c) Consultation and analysis
- d) All of the steps

39. About how long does an express facial usually take?

- a) 5 minutes
- b) 15–30 minutes
- c) 60–90 minutes
- d) 2 hours

40. Which is GOOD home-care advice for a client with acne?

- a) Use heavy, oily creams
- b) Exfoliate with AHA or BHA about once a day
- c) Pick and squeeze blemishes
- d) Sunbathe often

Instructions: Circle ALL correct answers.

41. Which TWO things should you explain to a client during a home-care consultation?

- a) Their skin condition and how you plan to treat it
- b) Which products to use and the order to use them
- c) Your own personal problems
- d) How to perform lancet extractions at home

Section G: Skin Types & Conditions

Matching treatment to the skin | Questions 42–52

Instructions: Use a word from the WORD BANK below to fill in each blank. Each word is used once.

WORD BANK		
dehydrated	anhydrous	hydroquinone

42. Skin that lacks water (not oil) is described as _____.

43. A product that contains no water is called _____.

44. What is the name of the FDA-approved melanin suppressant (skin-lightening ingredient)?

Instructions: Fill in each blank with the correct term.

45. What is the single biggest factor that speeds up (hastens) skin aging?

46. Rosacea can be made worse by drinking too much _____ (a) and eating heavily _____ (b) foods.

Instructions: Circle the letter of the best answer.

47. Dehydrated skin mainly needs more _____.

- a) oil
- b) water / hydration
- c) fragrance
- d) exfoliation

48. Oily and combination skin should generally use products that are _____-based.

- a) oil
- b) water
- c) wax
- d) alcohol

49. Aging and sun-damaged skin benefits from _____ used both topically and orally.

- a) antioxidants
- b) fragrances
- c) heavy oils
- d) alcohol

50. The best way to prevent premature aging is to stay out of the sun and wear _____ every day.

- a) makeup
- b) sunscreen (SPF)
- c) oil
- d) toner

51. A skin condition that may prevent you from performing a treatment is called a _____.

- a) contraindication
- b) consultation
- c) complication
- d) contradiction

52. Match each skin type to its main treatment goal. Write the letter of the goal next to each skin type.

Skin type	Your letter	Treatment goal (a–e)
Dry skin	_____	a) Deep cleansing and oil control
Oily skin	_____	b) Calm and soothe; avoid triggers

Mature skin	_____	c) Hydration with rich masks and creamy cleansers
Sensitive skin	_____	d) Chemical exfoliation and brightening agents
Hyperpigmentation	_____	e) Hydrate, revitalize, and anti-aging in a series

Section H: Acids, Men's Skin & Terminology

Chemistry, men's skin, and key terms | Questions 53–60

Instructions: Fill in each blank with the correct term.

53. Glycolic acid is an _____ (a) hydroxy acid, which is abbreviated as _____ (b).

54. Pseudofolliculitis is commonly called razor _____ (a), and is also known as folliculitis _____ (b).

55. Dirt, grease, UV light, humidity, and pollution are examples of environmental _____ that can damage the skin.

Instructions: Circle TRUE or FALSE.

#	Statement	TRUE	FALSE
56.	Men usually have more active sebaceous (oil) glands and thicker skin than women.	T	F
57.	On freshly shaven skin, strong exfoliating products and microdermabrasion are safe and recommended.	T	F

Instructions: Circle the letter of the best answer.

58. Men generally prefer skincare products that are:

- a) Heavy, oily, and strongly fragranced
- b) Lightweight, fragrance-free, and matte
- c) Thick and greasy
- d) Brightly colored

59. During a man's facial, professional movements should follow the _____.

- a) direction of hair (beard) growth
- b) opposite of hair growth
- c) in circles only
- d) in any direction

60. Pseudofolliculitis (razor bumps) is most common in clients who:

- a) Never shave
- b) Shave coarse or curly hair
- c) Only use electric razors
- d) Have very dry skin

Additional Practice (Bonus)

Extra-credit practice | not counted in the 60-question grade

Instructions: Fill in each blank with the correct term.

B1. Before cleansing, inspect the client's _____ area (for example, for contact lenses or lash extensions).

B2. Aging skin often lacks _____ (it tends to become drier with age).

B3. Alpha and beta hydroxy acids used for acne home care should be used about _____ a day (no more).

Instructions: Circle TRUE or FALSE.

#	Statement	TRUE	FALSE
B4.	Adding natural oils can help relieve dryness in dry skin.	T	F
B5.	A “contraindication” means it is always safe to continue with the treatment.	T	F

Instructions: Circle the letter of the best answer.

B6. Knowledge of skin types, skin conditions, and skin care products helps the esthetician to:

- a) Make informed decisions for the client
- b) Work faster only
- c) Avoid talking to clients
- d) Sell more makeup

B7. The lancet should be inserted into the skin:

- a) Straight down and deep
- b) At a low angle, nearly parallel to the skin
- c) Sideways with force
- d) It does not matter

B8. The cotton compress mask (about 4 × 9 inches) is mainly used to:

- a) Clean the floor
- b) Hold or cover product over the face
- c) Dry the hands
- d) Replace gloves

B9. When removing cleanser from the lower face, you generally work:

- a) Downward
- b) Upward
- c) Side to side
- d) In no pattern

Instructions: Circle ALL correct answers.

B10. Which FOUR steps should you take BEFORE performing extractions?

- a) Wash your hands and put on gloves
- b) Cleanse the skin
- c) Steam the skin and apply a gentle exfoliating serum
- d) Use desincrustation solution to soften sebum
- e) Apply sunscreen and send the client home
- f) Pick and squeeze blemishes with bare hands