

# Facials and Skincare in Essence

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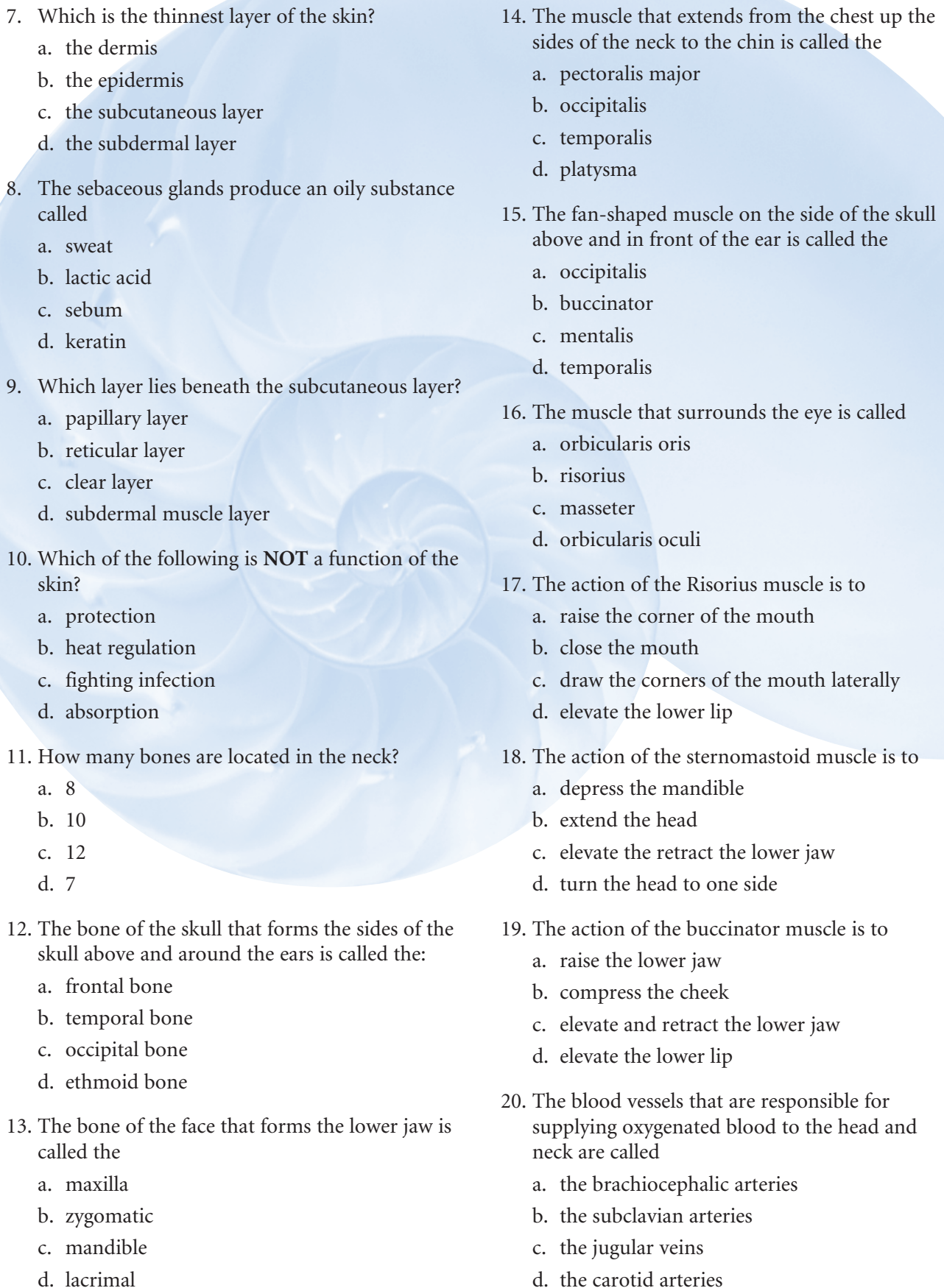
### Multiple Choice Questions

#### Chapter 1

- In ancient Egyptian times Cleopatra used a form of what when she bathed in milk?
  - castor oil
  - sulphuric acid
  - alphahydroxy acids
  - sulphur
- A recipe for an Egyptian anti-wrinkle cream contained
  - olive oil and spices
  - sweet almond oil and essential oil of frankincense
  - red wine and ass's milk
  - oatmeal and vinegar
- The Society of Beauticians, the first international organization for practitioners of beauty skills, was founded by Wallace Sharps in
  - 1965
  - 1962
  - 1977
  - 1954
- Women began to use moisturiser on their faces in
  - the 1950s
  - the 1960s
  - the 1970s
  - the 1980s
- The predominant cell of the epidermis is the
  - melanocyte
  - macrophage
  - keratinocyte
  - corneocyte
- The layer of the epidermis holding the highest percentage of water is the
  - horny layer
  - basal cell layer
  - prickle cell layer
  - granular layer
- The layer of the epidermis concerned with cell regeneration is the
  - clear layer
  - basal cell layer
  - granular layer
  - horny layer
- The protein which accounts for about 75% of the weight of the dermis is called
  - elastin
  - collagen
  - glycoprotein
  - pentapeptide
- Which of the following statements is **FALSE**?
  - Sweat glands help to regulate body temperature and eliminate waste.
  - Sebum, produced by the sebaceous glands, contains fats, cholesterol and cellular debris.
  - Damage to collagen and elastin fibres are the primary causes of ageing and wrinkles.
  - Keratinisation is complete when the cells reach the horny layer of the epidermis.

#### Chapter 2

- The natural function of the skin does not work efficiently when the horny layer (stratum corneum) contains less than
  - 10% water
  - 15% water
  - 20% water
  - 25% water

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7. Which is the thinnest layer of the skin?
- the dermis
  - the epidermis
  - the subcutaneous layer
  - the subdermal layer
8. The sebaceous glands produce an oily substance called
- sweat
  - lactic acid
  - sebum
  - keratin
9. Which layer lies beneath the subcutaneous layer?
- papillary layer
  - reticular layer
  - clear layer
  - subdermal muscle layer
10. Which of the following is **NOT** a function of the skin?
- protection
  - heat regulation
  - fighting infection
  - absorption
11. How many bones are located in the neck?
- 8
  - 10
  - 12
  - 7
12. The bone of the skull that forms the sides of the skull above and around the ears is called the:
- frontal bone
  - temporal bone
  - occipital bone
  - ethmoid bone
13. The bone of the face that forms the lower jaw is called the
- maxilla
  - zygomatic
  - mandible
  - lacrimal
14. The muscle that extends from the chest up the sides of the neck to the chin is called the
- pectoralis major
  - occipitalis
  - temporalis
  - platysma
15. The fan-shaped muscle on the side of the skull above and in front of the ear is called the
- occipitalis
  - buccinator
  - mentalis
  - temporalis
16. The muscle that surrounds the eye is called
- orbicularis oris
  - risorius
  - masseter
  - orbicularis oculi
17. The action of the Risorius muscle is to
- raise the corner of the mouth
  - close the mouth
  - draw the corners of the mouth laterally
  - elevate the lower lip
18. The action of the sternomastoid muscle is to
- depress the mandible
  - extend the head
  - elevate the retract the lower jaw
  - turn the head to one side
19. The action of the buccinator muscle is to
- raise the lower jaw
  - compress the cheek
  - elevate and retract the lower jaw
  - elevate the lower lip
20. The blood vessels that are responsible for supplying oxygenated blood to the head and neck are called
- the brachiocephalic arteries
  - the subclavian arteries
  - the jugular veins
  - the carotid arteries

21. The name of the blood vessels responsible for draining deoxygenated blood from the head and neck are
  - a. the vertebral veins
  - b. the superior vena cavae
  - c. the brachiocephalic veins
  - d. the jugular veins
22. The lymph nodes that drain lymph from the back of the scalp and the upper part of the neck are called:
  - a. submandibular nodes
  - b. deep cervical nodes
  - c. occipital nodes
  - d. parotid nodes
23. The lymph nodes that drain lymph from the larynx, oesophagus, posterior of the scalp and neck, superficial part of the chest and arm are called:
  - a. superficial cervical nodes
  - b. mastoid nodes
  - c. deep cervical nodes
  - d. occipital nodes
24. Which of the following cranial nerves is responsible for facial expressions?
  - a. trigeminal
  - b. facial
  - c. olfactory
  - d. oculomotor
4. Which of the following skin disorders is contra-indicated to facial treatments?
  - a. mild eczema
  - b. grade 1 acne
  - c. impetigo
  - d. chloasma
5. In what stage of acne do cysts appear?
  - a. grade IV
  - b. grade II
  - c. grade III
  - d. grade I
6. Thickness of the skin due to a build-up of cells is known as
  - a. dermatosis papulosa nigra
  - b. psoriasis
  - c. hyperkeratosis
  - d. none of the above

## Chapter 4

1. Skin types are determined by
    - a. age
    - b. genetics
    - c. circulation
    - d. use of facial products
  2. A common distinguishing feature of oily skin is
    - a. lack of elasticity
    - b. shiny appearance
    - c. thin, flaky patches
    - d. fine lines and wrinkles
  3. A common distinguishing feature of sensitive skin in fair-skinned people is
    - a. pinkish tone
    - b. dry, flaky patches
    - c. that it reddens easily
    - d. all of the above
  4. Dry skin is lacking in
    - a. elasticity
    - b. sebum
    - c. colour
    - d. thickness
- ## Chapter 3
1. The form of skin cancer originating from the base of the epidermis is known as
    - a. squamous cell carcinoma
    - b. basal cell carcinoma
    - c. rodent ulcer
    - d. malignant melanoma
  2. A small raised elevation of the skin is known as
    - a. pustule
    - b. nodule
    - c. macule
    - d. papule
  3. Hard white pearly nodules found under the surface of the skin are known as
    - a. xanthoma
    - b. skin tags
    - c. milia
    - d. vesicles

5. Which of the following statements is **FALSE**?
  - a. The factor that varies in all ethnic skin types is the degree of melanin produced.
  - b. Not all ethnic skin types have the same amount of melanocytes.
  - c. Black skin is thicker and tougher than brown or fair skin, and forms keloids scars when damaged.
  - d. Oriental or light Asian skins are creamy-coloured with a tendency to olive and yellow tones.
6. Sensitivity is a skin condition which may be due to
  - a. reaction to specific product ingredients
  - b. a client's misuse of products
  - c. diet
  - d. all of the above
7. Which of the following is the primary cause of premature ageing of the skin?
  - a. exposure to UV light
  - b. not drinking enough water
  - c. overcleansing the skin
  - d. neglecting the skin
8. The skin's loss of skin elasticity starts to become much more apparent at what age?
  - a. in the thirties
  - b. in the fifties
  - c. in the sixties
  - d. in the forties
3. Which of the following statements is **FALSE**?
  - a. The thickness of the skin relates to the density, structure and integrity of the skin.
  - b. Oily skins have closed pores due to a constant overproduction of sebum.
  - c. Slack skin and dropped facial contours are indicative of a loss of muscle tone.
  - d. How the skin feels relates to the process of cell renewal in the skin.
4. A client who has had a Botox injection should be advised to avoid having a facial treatment for
  - a. four weeks
  - b. three weeks
  - c. one week
  - d. six weeks
5. Which of the following conditions would require medical referral before a facial treatment was given ?
  - a. an undiagnosed lump or swelling
  - b. recent scar tissue
  - c. headache or migraine
  - d. psoriasis
6. Clients with acne-prone skins should be advised to
  - a. seek the help of a dermatologist
  - b. avoid irritating the skin with the overzealous use of products
  - c. use water-based cleanser with ingredients that do not clog the pores
  - d. all of the above

## Chapter 5

1. A skin analysis is carried out
  - a. before cleansing the skin
  - b. after exfoliation
  - c. before removing make-up
  - d. after cleansing the skin
2. Loss of elasticity in the skin can be caused by
  - a. ageing and the breakdown of collagen and elastin
  - b. sun damage
  - c. injury
  - d. all of the above
7. Which of the following skin types has a tendency to open pores ?
  - a. dry skin
  - b. sensitive skin
  - c. oily skin
  - d. mature skin
8. The neck is one of the first areas to show the signs of ageing as it
  - a. is a neglected area
  - b. has few sebaceous glands
  - c. has thinner skin
  - d. is an area prone to lines and wrinkles

## Chapter 6

- Ingredients which aim to change the appearance and texture of the skin are called
  - functional ingredients
  - occlusive ingredients
  - exfoliating ingredients
  - performance ingredients
- Detergents are most commonly used in
  - toners
  - cleansers
  - masks
  - eye creams
- Which of the following statements is **FALSE** in relation to toners?
  - Toners vary according to the skin type they are designed for.
  - Toners for oily skins may contain astringent ingredients.
  - Most toners have a high pH.
  - Toners for dry contain humectant properties.
- Ingredients that are designed to attract water to skin are known as
  - emollients
  - emulsions
  - humectants
  - emulsifiers
- The type of cleanser most suitable for a client with dry or mature skin would be
  - cleansing milk
  - cleansing cream
  - cleansing lotion
  - soapless cleanser
- The aim of exfoliating the skin is to
  - improve skin texture
  - increase absorption of products into the epidermis
  - remove dead skin cells
  - all of the above
- Glycolic acid and lactic acid are examples of
  - liposomes
  - nanospheres
  - alphahydroxy acids
  - peptides

- Butylparaben, ethylparaben and propylparaben are all examples of
  - solvents
  - preservatives
  - emollients
  - emulsifying agents

## Chapter 7

- Which of the following movements used in facial massage helps ease tension nodules?
  - effleurage
  - petrissage
  - tapotement
  - vibration
- In a deep cleansing facial exfoliation is usually carried out
  - after deep cleansing
  - after extraction of skin blockages
  - immediately before a mask
  - after a facial massage
- Which of the following skin types would be unsuited to steaming?
  - highly vascular skin
  - acne-prone skin
  - dry skin
  - mature skin
- A comedone extractor is best suited to which of the following areas of the face?
  - the nose
  - around the eyes
  - the forehead
  - the chin
- Which of the following is not suitable for extraction?
  - an open comedone
  - a closed comedone
  - a cyst
  - milium
- Facial massage can
  - stimulate the flow of oxygen and nutrition to the skin
  - encourage the removal of dead skin cells
  - relax a client
  - all of the above

7. Which of the following massage movements is used in a facial to have a temporary toning and tightening effect on the skin?
- effleurage
  - tapotement
  - vibrations
  - petrissage
8. Which type of mask would be most suitable for an oily skin type?
- non-setting
  - setting
  - paraffin wax
  - latex

## Chapter 8

1. A skincare therapist may be trained to carry out
- superficial chemical peels
  - deep chemical peels
  - medium-depth chemical peels
  - none of the above
2. The type of skin condition most suitable for a deep peel is
- superficial lines and wrinkles
  - clogged pores
  - deeply wrinkled skin
  - dehydrated skin
23. Which of the following statements is **FALSE**?
- Dermal fillers generally last for between six and 12 months.
  - Botox can help with surface skin blemishes.
  - Microdermabrasion is a mechanical exfoliation of the top layer of the skin.
  - Laser resurfacing should be carried out by a trained operator in an establishment registered by the Healthcare Commission.
4. Salon AHA exfoliation treatments contain
- between 15–30% of AHA solution
  - between 20–25% of AHA solution
  - between 5–10% of AHA solution
  - less than 5% of AHA solution
5. The process which uses a small sample of a client's own skin to replicate their own collagen producing cells is called
- New Fill
  - Light Rejuvenation therapy
  - Bioskinjetting
  - Isolagen therapy
6. The area of the face most suitable for treatment with dermal fillers are
- lines around the mouth
  - neck lines
  - crows feet
  - none of the above

## Answers

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Chapter 1: 1c, 2b, 3b, 4b

Chapter 2: 1a, 2c, 3b, 4b, 5b, 6d, 7b, 8c, 9d, 10c, 11d, 12b, 13c, 14d, 15d, 16d, 17c, 18d, 19b, 20d, 21d, 22c, 23c, 24b

Chapter 3: 1b, 2d, 3c, 4c, 5a, 6c

Chapter 4: 1b, 2b, 3d, 4b, 5b, 6d, 7a, 8d

Chapter 5: 1d, 2d, 3b, 4c, 5a, 6d, 7c, 8b

Chapter 6: 1d, 2b, 3c, 4c, 5b, 6d, 7c, 8b

Chapter 7: 1b, 2a, 3a, 4c, 5c, 6d, 7b, 8b

Chapter 8: 1a, 2c, 3b, 4a, 5d, 6a