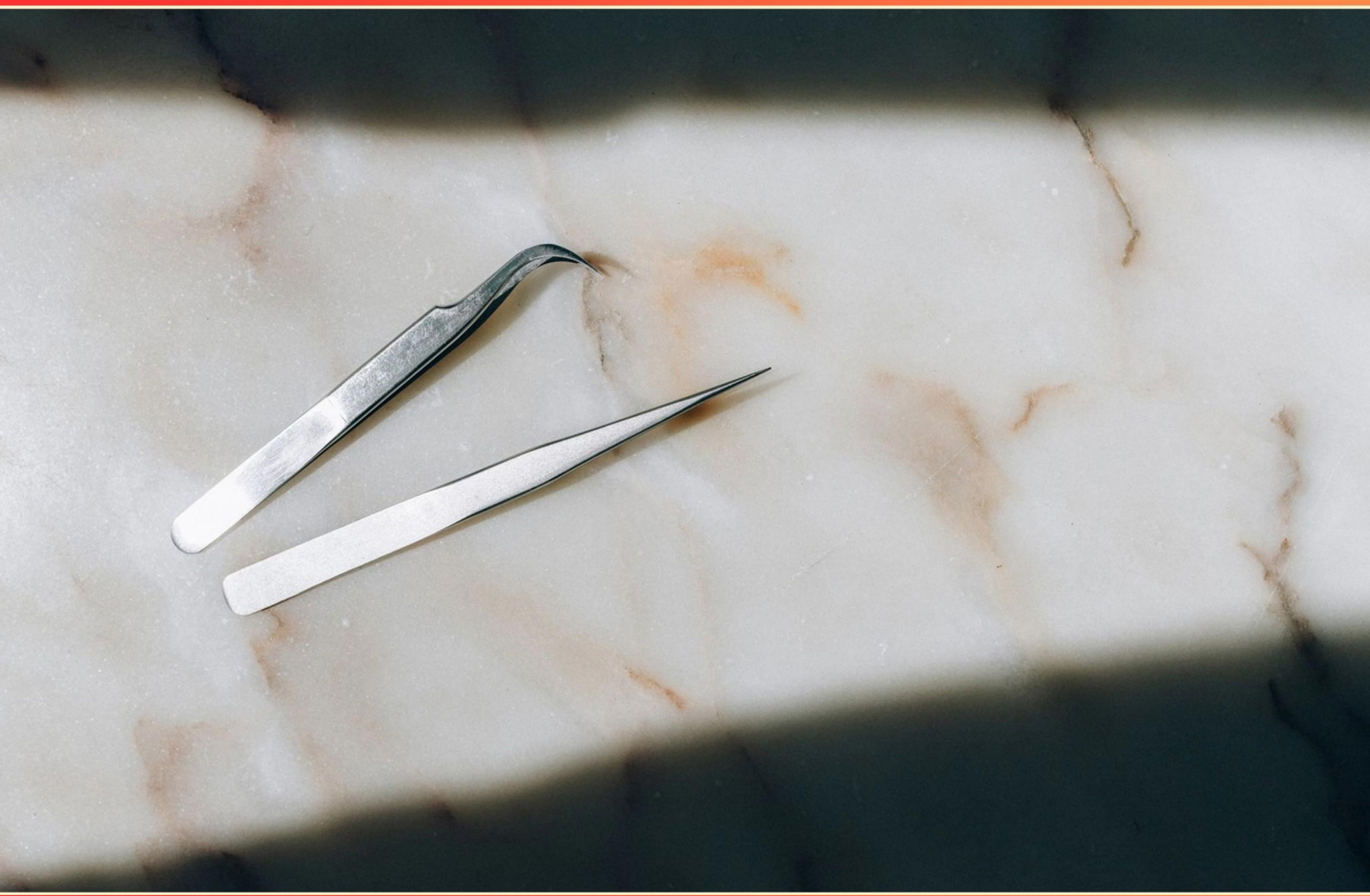
OKLAHOMA STATE BOARD ESTHETICS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://okstateboardesthetics.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. What natural substance did ancient Egyptians use to dye hair and tattoo skin?

A. Coal tar

B. Henna

C. Plant extracts

D. Hibiscus powder

2. What is true of a pleasing attitude?

A. It is irrelevant in business settings

B. It will gain you associates, clients and friends

C. It can be a sign of weakness

D. It should be used only for sales

3. What term refers to the invasion of body tissues by disease-causing pathogens?

A. Infection

B. Contamination

C. Infestation

D. Allergy

4. During the Middle Ages, where did women typically wear colored makeup on their faces?

A. Nose and forehead

B. Eyes and brows

C. Cheeks and lips

D. Chin and neck

5. What does the term immunity refer to?

A. The ability of the body to resist and destroy infections

B. The ability of the body to become infected

C. The body's reaction to allergens

D. The body's response to injury

SAMPLE

6. Which option is not considered an element of a good work ethic?

A. Trustworthiness
B. Tardiness
C. Respectfulness
D. Supportiveness

7. What event in 1985 influenced the development of Universal Precautions?

A. The outbreak of a new strain of flu
B. The AIDS public health crisis
C. The discovery of antibiotic-resistant bacteria
D. The rise of chemical sensitivity

8. What skill helps you understand the needs and desires of others?

A. Listening
B. Communication
C. Observation
D. Empathy

9. What supplies oxygen to the blood?

A. Heart
B. Lungs
C. Kidneys
D. Liver

10. What term means bone and is used as a prefix in many medical terms?

A. Osteo
B. Chondro
C. Cardio
D. Neuro

SAMPLE

Answers

SAMPLE

1. B
2. B
3. A
4. C
5. A
6. B
7. B
8. B
9. B
10. A

SAMPLE

Explanations

SAMPLE

1. What natural substance did ancient Egyptians use to dye hair and tattoo skin?

A. Coal tar

B. Henna

C. Plant extracts

D. Hibiscus powder

The ancient Egyptians used henna as a natural substance to dye hair and tattoo skin. Henna is derived from the leaves of the Lawsonia inermis plant and has been used for thousands of years for its dyeing properties, particularly in the Middle Eastern and North African regions. The dye created from henna not only imparts a rich reddish-brown color to the hair but is also safe for use on the skin, making it a popular choice for body art and temporary tattoos. Henna's popularity among the ancient Egyptians was also due to its cultural significance, often associated with celebrations, rituals, and beautification practices. The use of henna reflects a deep connection to natural materials, emphasizing both aesthetics and symbolism in their beauty rituals.

2. What is true of a pleasing attitude?

A. It is irrelevant in business settings

B. It will gain you associates, clients and friends

C. It can be a sign of weakness

D. It should be used only for sales

A pleasing attitude is indeed essential in a business context, particularly in fields like esthetics where client relations are paramount. This characteristic fosters positive interactions and can significantly enhance the customer experience. When you exhibit a pleasing attitude, it helps in building rapport with clients, which is crucial for establishing trust and long-term relationships. This approach not only contributes to client retention but also encourages word-of-mouth referrals and a supportive network of professional associates and friends. Clients are more likely to return to a practitioner or service provider who creates a cheerful and welcoming environment. Furthermore, a pleasing demeanor can increase job satisfaction for both the provider and the client, leading to a more productive and enjoyable workplace. The other options do not align with the importance of attitude in a business environment. A pleasing attitude is certainly not irrelevant; it plays a significant role in professional interactions. It is not a sign of weakness, as it reflects emotional intelligence and the ability to engage positively with others. Finally, while a pleasing attitude can enhance sales, it should not be limited to that context; it is valuable in all professional and personal interactions.

SAMPLE

3. What term refers to the invasion of body tissues by disease-causing pathogens?

A. Infection

B. Contamination

C. Infestation

D. Allergy

The term that refers to the invasion of body tissues by disease-causing pathogens is "infection." An infection occurs when harmful microorganisms such as bacteria, viruses, or fungi enter the body, multiply, and begin to cause harm to the tissues. This can lead to various symptoms and health issues, depending on the type of pathogen involved and the area of the body affected. Contamination involves the presence of unwanted substances, which may include pathogens, but does not specifically indicate that these pathogens are actively invading and causing harm. Infestation typically refers to the invasion of the body by larger parasites, such as worms or arthropods, rather than microorganisms. An allergy is an immune response to specific substances (allergens) that the body mistakenly identifies as harmful, but it does not involve the invasion of pathogens and is not directly related to infections. Therefore, "infection" is the most accurate term for describing the invasion of tissues by disease-causing pathogens.

4. During the Middle Ages, where did women typically wear colored makeup on their faces?

A. Nose and forehead

B. Eyes and brows

C. Cheeks and lips

D. Chin and neck

During the Middle Ages, women typically enhanced their appearance by applying colored makeup on their cheeks and lips. This practice was a way to achieve a more vibrant and youthful look, emphasizing these facial features that were associated with beauty and health. Cheek color was particularly important, as it signified vitality, while colored lips indicated desirability and social status. The other areas mentioned, such as the eyes and brows, the nose and forehead, and the chin and neck, were less commonly the focus of makeup during this time. Although some attention was given to the eyes, the social norms and beauty standards of the era placed greater importance on the cheeks and lips as central features to enhance with color. Therefore, focusing on the cheeks and lips aligns with the aesthetic ideals prevalent in that historical context.

5. What does the term immunity refer to?

A. The ability of the body to resist and destroy infections

B. The ability of the body to become infected

C. The body's reaction to allergens

D. The body's response to injury

The term immunity refers specifically to the body's ability to resist and destroy infections, which encompasses a complex network of cells and biological processes. This system is essential for recognizing and responding to pathogens, such as bacteria and viruses, and involves components like white blood cells, antibodies, and the lymphatic system. The immune system can differentiate between harmful invaders and the body's own cells, enabling it to mount a targeted defense against infections. This capability protects the body from diseases and supports overall health. Without immunity, infections could easily proliferate, leading to illness and potentially life-threatening conditions. While other options present relevant physiological responses, they do not accurately capture the comprehensive definition of immunity as the ability to fight off infections specifically.

SAMPLE

6. Which option is not considered an element of a good work ethic?

A. Trustworthiness

B. Tardiness

C. Respectfulness

D. Supportiveness

A good work ethic is characterized by several key traits that contribute to a positive and productive work environment. Among these traits, trustworthiness reflects an individual's reliability and integrity, which fosters a sense of security and accountability in a team. Respectfulness involves valuing others' opinions, time, and boundaries, which cultivates a collaborative and harmonious workplace. Supportiveness signifies the willingness to assist colleagues and contribute to a team-oriented atmosphere, encouraging cooperation and productivity. Tardiness, on the other hand, undermines these positive attributes and is generally viewed as a negative aspect of work behavior. Being late is often perceived as a lack of responsibility and can disrupt workflow and impact the morale of others. Therefore, it does not align with the standards of a good work ethic, making it the correct choice in this context. The other options embody values that enhance team dynamics and individual accountability.

7. What event in 1985 influenced the development of Universal Precautions?

A. The outbreak of a new strain of flu

B. The AIDS public health crisis

C. The discovery of antibiotic-resistant bacteria

D. The rise of chemical sensitivity

The development of Universal Precautions in 1985 was primarily influenced by the AIDS public health crisis. At that time, the growing awareness of how HIV and AIDS were transmitted highlighted the need for stricter infection control measures to protect healthcare providers and the public. Universal Precautions were established to promote consistent practices that would minimize the risk of exposure to bloodborne pathogens and other infectious materials. This included guidelines for handling bodily fluids and the use of personal protective equipment, emphasizing the importance of treating all blood and certain body fluids as potentially infectious. The other events listed, while significant in public health, did not directly prompt the same level of urgency or the specific development of Universal Precautions. The AIDS crisis underscored a critical need for preventive measures, therefore shaping these essential protocols in healthcare settings.

8. What skill helps you understand the needs and desires of others?

A. Listening

B. Communication

C. Observation

D. Empathy

The skill that most effectively helps in understanding the needs and desires of others is communication. Communication encompasses both expressing oneself and receiving information from others, allowing individuals to share their thoughts, feelings, and needs. Through effective communication, one can engage in conversations that reveal the desires and concerns of clients, leading to better relationships and services in esthetics. Listening, while an essential component of communication, is more passive and focused on absorbing what others say rather than actively engaging in the exchange of information. Observation is important as it allows one to perceive non-verbal cues and body language, which can be indicative of a person's feelings or needs, but it does not facilitate direct understanding as effectively as communication does. Empathy is the ability to share and understand the feelings of another, which supports interpersonal relationships but relies on a foundation of strong communication skills to be applied effectively. Thus, communication is the overarching skill that aids in comprehensively understanding and addressing the needs and desires of others.

SAMPLE

9. What supplies oxygen to the blood?

A. Heart

B. Lungs

C. Kidneys

D. Liver

The lungs are responsible for supplying oxygen to the blood through the process of respiration. When we inhale, air enters the lungs, where oxygen from the air passes through the alveoli (tiny air sacs) and into the bloodstream. This oxygen is then bound to hemoglobin in red blood cells, allowing it to be transported effectively throughout the body to various tissues and organs that require oxygen for energy production and metabolic processes. The heart, while essential for pumping blood throughout the body, does not supply oxygen but rather circulates oxygenated and deoxygenated blood. The kidneys function to filter blood and remove waste products but are not involved in gas exchange or oxygenation. The liver primarily plays a role in metabolism, detoxification, and the production of certain proteins, but it also does not engage in oxygen supply to the blood. Thus, the lungs are the critical organ for the exchange of oxygen and carbon dioxide, making them vital for maintaining proper oxygen levels within the bloodstream.

10. What term means bone and is used as a prefix in many medical terms?

A. Osteo

B. Chondro

C. Cardio

D. Neuro

The term that means bone and is used as a prefix in many medical terms is "osteo." This prefix derives from the Greek word "osteon," which translates to "bone." In the field of medicine, particularly in anatomy and pathology, "osteo" appears in various terms that relate specifically to bone health and diseases. For example, "osteoporosis" refers to a condition characterized by weakened bones, while "osteotomy" is a surgical procedure involving the cutting of bone. In contrast, the other prefixes represent different body systems or tissues: "chondro" relates to cartilage, "cardio" pertains to the heart, and "neuro" refers to the nervous system. Understanding these prefixes is crucial for anyone studying medical terminology, as they provide insights into the focus of the terminology used in various medical contexts. Recognizing "osteo" as relating specifically to bones helps to clarify the subjects being addressed in discussions about skeletal health and treatment.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://okstateboardesthetics.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE