



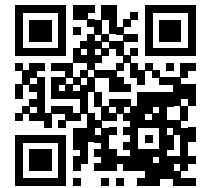
# Exercises

These exercises are designed to reinforce your knowledge and help you prepare for applying your skills confidently when you're in the workplace.

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# Anatomy & Physiology

Test your knowledge with the following multiple-choice questions:

<b>Q1</b>	Which layer of the skin acts as a protective cushion to protect the bones and gives the body its contour and shape?	<b>Ans.</b>
<b>A</b>	Dermis	
<b>B</b>	Epidermis	
<b>C</b>	Stratum lucidum	
<b>D</b>	Subcutaneous layer	✗

<b>Q2</b>	The primary function of the excretory system is to:	<b>Ans.</b>
<b>A</b>	Circulate blood throughout the body	
<b>B</b>	Eliminate waste/toxins from the body	✗
<b>C</b>	Exchange carbon dioxide for oxygen to feed cells	
<b>D</b>	Regulate and control the growth and reproduction of the body	

<b>Q3</b>	The outermost layer of the skin is called the:	<b>Ans.</b>
<b>A</b>	Dermis layer	
<b>B</b>	Reticular layer	
<b>C</b>	Epidermal layer	✗
<b>D</b>	Subcutaneous layer	

<b>Q4</b>	The muscle that circles the mouth and is responsible for contracting, puckering and wrinkling the lips, as in kissing or whistling, is known as:	<b>Ans.</b>
<b>A</b>	Caninus	
<b>B</b>	Mentalis	
<b>C</b>	Orbicularis oris	✗
<b>D</b>	Quadratus labii inferioris	

<b>Q5</b>	The bone that makes up the lower jaw and is the largest and strongest bone of the facial skeleton is the:	<b>Ans.</b>
<b>A</b>	Nasal	
<b>B</b>	Lacrimal	
<b>C</b>	Maxillae	
<b>D</b>	Mandible	✗

<b>Q6</b>	How do lymph nodes indicate infection in the body?	<b>Ans.</b>
<b>A</b>	They swell	✗
<b>B</b>	They disappear	
<b>C</b>	They reduce in size	
<b>D</b>	They move to another location	

<b>Q7</b>	Functions of the skin include regulation of body temperature and:	<b>Ans.</b>
<b>A</b>	Digestion	
<b>B</b>	Protection	✗
<b>C</b>	Circulation	
<b>D</b>	Reproduction	

<b>Q8</b>	Which layer of the skin lies directly beneath the epidermis and is rich in blood vessels and capillaries?	<b>Ans.</b>
<b>A</b>	Basal layer	
<b>B</b>	Papillary layer	✗
<b>C</b>	Reticular layer	
<b>D</b>	Hypodermis layer	

<b>Q9</b>	Control and regulation of body temperature, excretion of waste products and maintaining the acidic pH factor of the skin are major functions of which glands?	<b>Ans.</b>
<b>A</b>	Eccrine	✗
<b>B</b>	Apocrine	
<b>C</b>	Endocrine	
<b>D</b>	Sebaceous	

# General Beauty

How much do you know about general beauty?

Have a go at these multiple-choice questions:

<b>Q1</b>	Non-porous tools and multi-use supplies used in the salon should be disinfected:	<b>Ans.</b>
<b>A</b>	After each use	✗
<b>B</b>	Twice each day	
<b>C</b>	At the end of each day	
<b>D</b>	At the beginning of each day	

<b>Q2</b>	Negative body language is represented by:	<b>Ans.</b>
<b>A</b>	Smiling	
<b>B</b>	Folded arms	✗
<b>C</b>	Good posture	
<b>D</b>	Open hand gestures	

<b>Q3</b>	pH stands for:	<b>Ans.</b>
<b>A</b>	Perfect hair	
<b>B</b>	Product hydration	
<b>C</b>	Potential hydrogen	✗
<b>D</b>	Potential hydroxide	

<b>Q4</b>	Organisms that live on or obtain nutrients from another organism are known as:	<b>Ans.</b>
<b>A</b>	Viruses	
<b>B</b>	Bacteria	
<b>C</b>	Internal parasites	
<b>D</b>	External parasites	✗

<b>Q5</b>	Which cosmetic ingredient helps to prevent moisture loss?	<b>Ans.</b>
<b>A</b>	Enzyme	
<b>B</b>	Emollient	✗
<b>C</b>	Surfactant	
<b>D</b>	Preservative	

<b>Q6</b>	Reactions that may happen during or after a treatment are known as:	<b>Ans.</b>
<b>A</b>	Benefits	
<b>B</b>	Features	
<b>C</b>	Contra-actions	✗
<b>D</b>	Contra-indications	

<b>Q7</b>	Which of the following characteristics describes oily skin?	<b>Ans.</b>
<b>A</b>	Small pore size	
<b>B</b>	Large pore size	✗
<b>C</b>	Fine, dilated capillaries	
<b>D</b>	Prone to fine lines and wrinkles	

<b>Q8</b>	Which of the following Fitzpatrick skin types requires at least an SPF 40+?	<b>Ans.</b>
<b>A</b>	Type I	✗
<b>B</b>	Type IV	
<b>C</b>	Type V	
<b>D</b>	Type VI	

<b>Q9</b>	Which of the following statements represents an open-ended question?	<b>Ans.</b>
<b>A</b>	Is your skin dry?	
<b>B</b>	Do you like your current moisturiser?	
<b>C</b>	You have not had a facial in a while, correct?	
<b>D</b>	What final results do you want to see in your nails?	✗

# Nail Treatment

Let's see how much you know about nail treatments!

Test your knowledge with the following questions:

<b>Q1</b>	A polish technique that creates a natural-looking effect on nails is called:	<b>Ans.</b>
<b>A</b>	Marbling	
<b>B</b>	Gel polish	
<b>C</b>	Striping	
<b>D</b>	French manicure	✗

<b>Q2</b>	How should the nails be filed while performing a manicure?	<b>Ans.</b>
<b>A</b>	Sawing back and forth	
<b>B</b>	In one direction	
<b>C</b>	Side to centre	✗
<b>D</b>	Up and down	

<b>Q3</b>	Onychia is an inflammation of the:	<b>Ans.</b>
<b>A</b>	Nail wall	
<b>B</b>	Hyponychium	
<b>C</b>	Cuticle	
<b>D</b>	Nail matrix	✗

<b>Q4</b>	What is the ideal nail shape for toes?	<b>Ans.</b>
<b>A</b>	Round	
<b>B</b>	Square	✗
<b>C</b>	Oval	
<b>D</b>	Pointed	

<b>Q5</b>	A colourless polish that evens out the nail plate and prevents pigments from penetrating is called a:	<b>Ans.</b>
<b>A</b>	Nail strengthener	
<b>B</b>	Sealer	
<b>C</b>	Base coat	✗
<b>D</b>	Nail enamel	

<b>Q6</b>	Cuticle remover cream contains which of the following ingredients?	<b>Ans.</b>
<b>A</b>	Potassium hydroxide	✗
<b>B</b>	Salicylic acid	
<b>C</b>	Formaldehyde	
<b>D</b>	Bleach	

<b>Q7</b>	What should be used to remove polish from the nail sidewalls?	<b>Ans.</b>
<b>A</b>	Your thumbnail	
<b>B</b>	An emery board	
<b>C</b>	An orangewood stick	✗
<b>D</b>	A cotton ball	

<b>Q8</b>	While pushing back cuticles, use:	<b>Ans.</b>
<b>A</b>	Side-to-side movements while applying light pressure	
<b>B</b>	Light, quick circular movements	✗
<b>C</b>	Side-to-side movements while applying heavy pressure	
<b>D</b>	Heavy, slow horizontal movements	

<b>Q9</b>	Another term for tinea pedis is:	<b>Ans.</b>
<b>A</b>	Contact dermatitis	
<b>B</b>	Hangnail	
<b>C</b>	Athlete's foot	✗
<b>D</b>	Tinea unguium	

# Make-Up

Have a go at these multiple-choice questions about make-up:

<b>Q1</b>	On which type of lips should you use brighter, lighter and pearlised lip colours?	<b>Ans.</b>
<b>A</b>	Full	
<b>B</b>	Uneven	
<b>C</b>	Small	
<b>D</b>	Thin	✗

<b>Q2</b>	Which eye composition can be visually enhanced by applying a darker shadow colour to the inner corner of the eye?	<b>Ans.</b>
<b>A</b>	Downward-slanting eyes	
<b>B</b>	Deep-set eyes	
<b>C</b>	Close-set eyes	
<b>D</b>	Wide-set eyes	✗

<b>Q3</b>	On what area of the face is the foundation tested for a colour match?	<b>Ans.</b>
<b>A</b>	Eyelid	
<b>B</b>	Jawline	✗
<b>C</b>	Forehead	
<b>D</b>	Nose	

<b>Q4</b>	What can yellow/peach base concealer be used to help reduce the appearance of?	<b>Ans.</b>
<b>A</b>	Sallow skin	
<b>B</b>	Age spots	
<b>C</b>	Vitiligo	✗
<b>D</b>	Dilated capillaries	

<b>Q5</b>	How often should a skin analysis be performed?	<b>Ans.</b>
<b>A</b>	Once a week	
<b>B</b>	Once a year	
<b>C</b>	Every time the client comes in for a service	✗
<b>D</b>	Every other time the client comes in for a service	

<b>Q6</b>	Applying a darker tone along the sides of the nose and a thin line of highlighter down the centre will make the nose appear:	<b>Ans.</b>
<b>A</b>	Longer	
<b>B</b>	Wider	
<b>C</b>	Narrower	✗
<b>D</b>	Fuller	

<b>Q7</b>	What make-up product is applied under the eyes to catch loose eyeshadow?	<b>Ans.</b>
<b>A</b>	Foundation	
<b>B</b>	Concealer	
<b>C</b>	Primer	
<b>D</b>	Translucent powder	✗

<b>Q8</b>	Colour schemes that use colours that are across from each other on the colour wheel are referred to as:	<b>Ans.</b>
<b>A</b>	Analogous	
<b>B</b>	Triadic	
<b>C</b>	Complementary	✗
<b>D</b>	Monochromatic	

<b>Q9</b>	Which one of the following contra-indications would prevent a make-up treatment from taking place?	<b>Ans.</b>
<b>A</b>	Conjunctivitis	✗
<b>B</b>	Blepharitis	
<b>C</b>	Stye	
<b>D</b>	Sunburn	

# Body Massage

Read the statements below and then select whether you think they are true or false:

Q1	Effleurage is a slow rhythmical stroking movement.	Answers			
		True	✗	False	

Q2	Infra-red treatments can be used to help warm the skin and muscle tissues prior to a massage treatment.	Answers			
		True	✗	False	

Q3	Petrissage massage movement includes small circular or backward and forward movements.	Answers			
		True		False	✗

Q4	The therapist must obtain a signed consent form before starting the massage, to ensure the client understands the treatment and potential risks and benefits.	Answers			
		True	✗	False	

Q5	Massage will not help with mental and emotional wellbeing.	Answers			
		True		False	✗

Q6	It is important to check and adjust your pressure for individual clients throughout the massage treatment.	Answers			
		True	✗	False	

Q7	Relative contra-indications will prevent the massage treatment from being carried out.	Answers			
		True		False	✗

Q8	Therapeutic effects of advanced body massage techniques include detoxification and mild pain relief.	Answers			
		True	✗	False	

Q9	Maintaining good body mechanics and ergonomics do not help to protect from musculoskeletal injuries.	Answers			
		True		False	✗

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