

## Cleansing & Toning – Multiple Choice Quiz

1. What is the purpose of performing the superficial cleanse?
  - a. To deep cleanse the skin
  - b. Remove make-up and surface debris
  - c. Exfoliate the skin
  - d. Improve the texture of the skin
2. A suitable cleanser to select for a client with a dry skin would be?
  - a. Cleansing lotion
  - b. Cream cleanser
  - c. Soap and water
  - d. Foaming wash
3. Witch hazel is used for:
  - a. Dry skin
  - b. Oily skin
  - c. Opening the pores
  - d. Sensitive skin
4. What skin type/condition would benefit from a toning product containing alcohol?
  - a. Normal
  - b. Dry
  - c. Dehydrated
  - d. Oily
5. The purpose of deep cleansing is to:
  - a. Close pores
  - b. Open pores and unblock congestion
  - c. Replenish lost moisture
  - d. Improve firmness of the skin
6. Oily eye make up remover would be most suitable for:
  - a. Sensitive skin around the eyes
  - b. Clients with contact lenses
  - c. Clients who wear waterproof mascara
  - d. Clients with false eyelashes



7. Which skin type are foaming cleansers most suitable for:
  - a. Mature
  - b. Dry
  - c. Combination
  - d. Normal
  
8. Which of the following is the most suitable toning product for sensitive skin:
  - a. Skin freshener
  - b. Skin Tonic
  - c. Astringent
  - d. Don't tone at all
  
9. Which of the following is suitable for normal skin:
  - a. Skin astringents
  - b. Skin tonics
  - c. Skin freshener
  - d. Witch Hazel
  
10. Which of the following toners contain alcohol:
  - a. Skin astringent
  - b. Skin tonic
  - c. Witch hazel
  - d. Skin fresheners

### **Stretch & Challenge Questions**

11. What should be considered when choosing the correct cleanser for your client?
12. Explain to a client the benefits of toning the skin.
13. How does the acid mantle form and what does it do?
14. What are the aims of cleansing within a facial?

