

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?
- a. Skin type
 - b. Allergies
 - c. Age
 - d. Skin problems
12. Explain to a client the benefits of toning the skin.
- a. Removes all the residue cleanser
 - b. Helps to rebalance the acid mantle
13. How does the acid mantle form and what does it do?
- a. The oil from the sebaceous glands is secreted onto the surface of the epidermis through the hair follicle and mixes with sweat. This forms the acid mantle. It forms a barrier and helps to protect the skin from bacteria, pollutants and the weather eg wind.
14. What are the aims of cleansing within a facial?
- a. Allows accurate skin analysis
 - b. Stimulates skin tissues and circulation thus improving skin colour and cell regeneration
 - c. Allows the client to become accustomed to the therapist's touch
 - d. Removes:
 - i. All traces of make up
 - ii. Surface dirt and bacteria
 - iii. Top layer of dead skin cells

