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38	A	B	C	D	E
39	A	B	C	D	E

PRACTICE QUESTIONS

Dubai Health Authority (DHA)

BYTY

Aesthetic/Beauty Therapy

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Dubai Health Authority (DHA) **BYTY**, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, **BYTY**
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1 SINGLE CHOICE

Which layer of the epidermis is the deepest and is the site of continuous mitotic cell division that replenishes the skin's surface?

- ☐ A Stratum corneum
- ☐ B Stratum granulosum
- ☒ C Stratum basale (stratum germinativum)
- ☐ D Stratum lucidum

ANSWER C

WHY The stratum basale (also called the stratum germinativum) is the deepest layer of the epidermis and contains the keratinocytes that undergo mitosis to continuously renew the epidermis. The stratum corneum is the outermost layer of dead, keratinized cells; the stratum granulosum contains keratohyalin granules; and the stratum lucidum is a clear layer found only in thick skin such as the palms and soles.

QUESTION 2 SINGLE CHOICE

In a beauty therapy clinic, which method of instrument decontamination is appropriate for metal tweezers and cuticle nippers between clients?

- ☐ A Wiping with 70% isopropyl alcohol alone
- ☐ B Rinsing under warm running tap water only
- ☒ C Autoclaving at 121°C for at least 15 minutes at 15 psi after cleaning
- ☐ D Soaking overnight in plain tap water

ANSWER C

WHY Autoclaving at 121°C for 15 minutes at 15 psi (or equivalent validated steam-sterilisation cycle) after thorough cleaning is the gold-standard method for sterilising reusable metal instruments such as tweezers and nippers. Alcohol wipes only disinfect, not sterilise; rinsing alone is inadequate; and overnight soaking in tap water actually promotes microbial growth.

QUESTION 3

SINGLE CHOICE

Which of the following is an absolute contraindication to performing a microdermabrasion treatment on a client?

- ☐ A Mild seasonal dryness
- ☒ B Recent isotretinoin (Accutane) use within the past 6 months
- ☐ C Light superficial tan
- ☐ D Oily T-zone

ANSWER B

WHY Recent oral isotretinoin use (typically within 6–12 months) is an absolute contraindication to microdermabrasion because the skin is significantly thinned, fragile, and prone to scarring and abnormal healing. Mild dryness, a light tan, and oily skin are not absolute contraindications and may often be treated with appropriate parameter adjustments.

QUESTION 4

SINGLE CHOICE

On the Fitzpatrick skin phototype scale, a client who has very fair skin, always burns and never tans, with freckles and blue eyes is classified as which phototype?

- ☐ A Phototype II
- ☐ B Phototype III
- ☒ C Phototype I
- ☐ D Phototype IV

ANSWER C

WHY Fitzpatrick Phototype I describes individuals with very fair, freckled, often red or blonde hair, blue eyes, who always burn and never tan. Phototype II usually burns and tans minimally; Phototype III burns moderately and tans uniformly; Phototype IV burns minimally and tans easily. Correct classification is essential when choosing IPL/laser parameters and sun-exposure advice.

QUESTION 5

SINGLE CHOICE

When performing hot wax hair removal, in which direction should the wax be applied and removed?

- ☒ **A** Applied in the direction of hair growth and removed against the direction of hair growth
- ☐ **B** Applied against the direction of hair growth and removed in the direction of hair growth
- ☐ **C** Applied and removed in the same direction of hair growth
- ☐ **D** Direction does not matter as long as the skin is held taut

ANSWER A

WHY Correct waxing technique requires the wax to be applied in the direction of hair growth so that it grips the hair shaft down to the root, and then removed quickly against the direction of hair growth (with the skin held taut). This technique allows the hair to be removed from the follicle, produces a cleaner result, and reduces the risk of hair breakage, ingrown hairs, and skin lifting.

QUESTION 6

SINGLE CHOICE

Which classic facial massage movement uses the fingertips or palms to apply small, circular, kneading movements over the muscles to stimulate circulation and relax tension?

- ☐ **A** Effleurage
- ☒ **B** Petrissage
- ☐ **C** Friction
- ☐ **D** Tapotement

ANSWER B

WHY Petrissage is the kneading movement in which the skin and underlying muscle are gently lifted, pressed, and rolled in small circles between the fingers and palms; it stimulates circulation, releases muscle tension, and aids lymphatic drainage. Effleurage is long gliding stroking, friction is small deep circular movements over a localised area, and tapotement is brisk tapping or cupping.

QUESTION 7

SINGLE CHOICE

During the initial aesthetic consultation, what is the primary purpose of completing a detailed client intake and medical history form before any treatment?

- ☐ A To increase the clinic's revenue per client
- ☒ B To identify contraindications, allergies, and medical conditions that may affect safe treatment
- ☐ C To market additional services to the client
- ☐ D To fulfil insurance documentation only, with no clinical relevance

ANSWER B

WHY The intake and medical history form is a clinical safety tool. It allows the therapist to identify contraindications (e.g., pregnancy, diabetes, recent surgery), allergies, medications (such as isotretinoin or anticoagulants), and skin conditions that could make a treatment unsafe or require modification. It also documents informed consent and forms part of the client's clinical record.

QUESTION 8

SINGLE CHOICE

Which ingredient is most commonly responsible for causing allergic contact dermatitis in clients following the use of hair dyes and henna-style tattoos?

- ☒ A Para-phenylenediamine (PPD)
- ☐ B Glycerin
- ☐ C Panthenol
- ☐ D Sodium chloride

ANSWER A

WHY Para-phenylenediamine (PPD) is a well-known potent sensitiser found in permanent hair dyes and in some black henna temporary tattoos, and is the most common cause of allergic contact dermatitis from these products. Glycerin and panthenol are generally well-tolerated humectants and soothing agents, and sodium chloride (salt) is not a typical contact allergen in cosmetic use.

QUESTION 9

MULTIPLE CHOICE

Which of the following are correct components of effective hand hygiene for an aesthetic therapist between clients? (Choose two.)

- ☒ **A** Washing visibly soiled hands with soap and running water for at least 20 seconds
- ☐ **B** Reusing the same pair of disposable gloves for several consecutive clients to save cost
- ☒ **C** Using an alcohol-based hand rub (60–80% ethanol/isopropanol) when hands are not visibly soiled
- ☐ **D** Relying solely on a quick rinse under cold water between glove changes

ANSWER A - C

WHY Effective hand hygiene either uses soap and running water for a minimum of 20 seconds when hands are visibly soiled or contaminated, or an alcohol-based hand rub (typically 60–80% alcohol) when hands are not visibly soiled. Gloves must be changed between every client and every task that risks contamination — they are single-use items, not cost-saving tools. A quick cold-water rinse is inadequate.