

Level One - Cellulite Expert Certification

Instruction: This is the Cellulite Expert Certification Test (CECT) from the American Skincare and Cellulite Expert Association. All course material is supplied by information contained within ascea.org and celluliteexpert.com websites. Please read each question carefully, and then select the option that provides the best answer. To make your selection, simply mark the circle next to your response. Only one answer per question is correct. Each of the 40 questions is either true/false or multiple-choice format, and each question is worth one point. A total converted score of at least 75 is required by the American Skincare and Cellulite Expert Association for passing the CECT. Upon successful completion, you will receive a Cellulite Expert Certificate of completion.

REGISTRATION FORM

Last Name _____	First Name _____	Middle Initial _____	
Degree _____	Address _____		
City _____	State _____	Postal Code _____	Country _____
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City _____	State _____	Postal Code _____	Country _____
Enclosed is my payment.			
Method of Payment (please check one): <input type="checkbox"/> Check <input type="checkbox"/> Money Order			
Your Signature _____			Date: ____/____/____

SIGNATURE IS REQUIRED TO PROCESS REGISTRATION

By signing this registration form, I certify that: 1) the above information is correct as recorded; 2) I have read and agreed to the information on this letter; 3) I am responsible for my own business and treatment decisions; 4) I am compliant with all local, state, and federal laws; and 5) I shall hold harmless the Association from any claims, damages, judgments, penalties, refunds, attorney fees, or other liabilities arising out of the Cellulite Expert Certification.

Return this Certification Test by mail with your payment to:
 American Skincare and Cellulite Expert Association
 P.O. Box 15012
 Santa Rosa, CA 95402

For office use only	
Date:	Amt Paid:
Ck #	Candidate ID #



1. Superficial pockets of trapped fat are commonly described as cellulite.
 - True
 - False
2. Cellulite appears in both men and women equally.
 - True
 - False
3. The most common areas where cellulite is found are:
 - Thighs
 - Buttocks
 - Abdomen
 - All of the above
4. Cellulite is related to obesity.
 - True
 - False
5. Cellulite occurs in which of the fat layers?
 - Superficial reserve fat layer
 - Subcutaneous fat layer
 - Deep fat layer
 - All of the above
6. Fat storage and metabolism are primarily regulated by:
 - Diet and exercise
 - Hormones
 - A & B
 - None of the above
7. The subcutaneous fat layer is the only fat layer that is organized into chambers that are surrounded by strands of connective tissue.
 - True
 - False
8. The reserves fat layers play a role in the appearance of cellulite.
 - True
 - False
9. In women, the subcutaneous fat layer is organized into:
 - Small diagonal units
 - Large diagonal units
 - Large vertical chambers
 - Small horizontal chambers
10. The scientific term for cellulite is panniculopathy edematous fibrosclerotic.
 - True
 - False
11. Which of the following is not a component of cellulite formation?
 - Adipose (fat) cells swell
 - Capillary walls become leaky causing fluid accumulation
 - Increase in lymphatic drainage to help removal of excess fluid
 - Connective tissue strands harden and tug on their insertion sites



12. Cellulite results from changes in all of the following except:
 - Lymphatic drainage
 - Connective tissue
 - Blood flow
 - Muscle tone

13. Cellulite develops mainly in women who are in all of the following periods of hormonal change except:
 - Puberty
 - Pregnancy
 - Post menopause
 - Menopause

14. Cellulite tends to become more visible after menopause because the skin becomes thinner and looser.
 - True
 - False

15. A well balanced diet and regular exercise can reduce but not eliminate the appearance of cellulite.
 - True
 - False


16. Aging can worsen the appearance of cellulite due to a thinning and loss of tone of connective tissue.
 - True
 - False

17. The pinch test is a way to locate cellulite anywhere in the body.
 - True
 - False

18. Which of the following scales is a recognized method of classifying cellulite?
 - The pinch test
 - Nurenberg-Muller scale
 - Cellulite Profile
 - All of the above

19. When a subject has no dimpling in standing and lying and the pinch test reveals only folds and furrows and no mattress-like dimpling. The subject is most likely in the following stage of cellulite development:
 - Stage 0
 - Stage 1
 - Stage 2
 - Stage 3

20. When dimpling occurs spontaneously in standing and lying. The subject is most likely in which of the following stages of cellulite development:
 - Stage 0
 - Stage 1
 - Stage 2
 - Stage 3

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21. Which of the following stages is most likely to respond to preventative measures of cellulite formation?
- Stage 0
 - Stage 1
 - Stage 2
 - Stage 3
22. Which of the following medical treatments is FDA approved for cellulite reduction?
- Retinoids
 - AHA's
 - Endermologie
 - All of the above
23. Endermologie® is a technique involving a medical device with the following components:
- 2 motorized rollers and suction
 - 1 motorized roller and suction
 - 2 stationary rollers and suction
 - 1 motorized roller, 1 stationary roller, and suction
24. Endermologie® was the first medical treatment to be FDA approved for cellulite reduction and loss of body circumference.
- True
 - False
25. Cellulite creams are the most effective treatment for cellulite.
- True
 - False
26. Which of the following are commonly found components in cellulite creams:
- A. Xanthines
 - B. Retinoids
 - C. Alpha Hydroxy Acids
 - D. All of the above
27. Conventional liposuction involves the removal of fat from:
- A. Subcutaneous fat layer
 - B. Superficial reserve fat layer
 - C. Deep reserve fat layer
 - D. Superficial and deep reserve fat layers
28. Conventional liposuction is a commonly performed aesthetic procedure for all of the following except:
- A. Body contouring
 - B. Decrease in body circumference
 - C. Cellulite reduction
 - D. Saddlebag reduction
29. Which of the following is a scientifically recognized method of cellulite reduction?
- Herbal supplements
 - Manual massage
 - Diet and exercise
 - None of the above



30. Endermologie® is considered effective in cellulite reduction by which of the following mechanisms:
- Increasing blood flow
 - Stretching connective tissue
 - Facilitating fat metabolism
 - All of the above
31. Cellulite occurs in which of the following:
- 50% preadolescent women and 50% post adolescent women
 - 50% post adolescent women, 25% preadolescent women, 25% men
 - 90% of post adolescent women, 10% men
 - 90% post adolescent women
32. Cellulite occurs in:
- Overweight women
 - Underweight women
 - Athletic women
 - All of the above
33. Which combination would be the best for cellulite treatment?
- Exercise, cellulite creams, and Endermologie®
 - Weight loss program and herbal supplements
 - Endermologie®, diet and exercise, and cellulite creams
 - Endermologie® alone
34. How long is a typical Endermologie® session?
- 20 to 30 min.
 - 35 to 45 min.
 - 45 to 60 min.
 - More than 60 min.
35. What is the average number of Endermologie® sessions required to obtain the best results for cellulite reduction and body contouring?
- Less than 10
 - 10 to 14
 - 15 to 18
 - More than 18
36. Which of the following conditions can benefit from Endermologie® treatment?
- Muscle Soreness
 - Lymphedema
 - Loose skin
 - All of the above
37. Body wraps can achieve long-term results in reducing the appearance of cellulite.
- True
 - False
38. Herbal supplements are FDA approved for cellulite reduction.
- True
 - False

39. Can men benefit from receiving Endermologie® treatments
- True
 - False
40. The ASCEA is an association that represents cellulite specialists worldwide.
- True
 - False

For more information or any questions, please contact:
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