Our staff writers have taken the individual State Board Examination and Instructor’s State Board Examination in more than 9 states, the Multi-State Examination (National) in 11 states, and each has been teaching for more than a decade. This experience gives us the confidence to “know” we can help you pass your State Board Examination the very next time you take it.

The format of this study-guide follows an approach educators refer to as a synergistic learning experience. In a synergistic learning experience - the total is greater than the sum of its parts. With this method you begin to see patterns emerge, answers appear more obvious and, there is a real learning by understanding and repetition as opposed to memorization; which is, after all, not really learning at all.

We also realize that test taker’s and test writer’s often tend to focus on very different things.

With these considerations in mind, our learning materials have been structured to employ repetition in areas research indicates most learners are unprepared to pass their State Board Examination. And although this repetition can be annoying at times, by the end of the “Review”, you will know the material.

As you move through the material, stop and think about each question. How it relates to the question or questions before or after, and **how you might have asked that question if you were the instructor or test writer**. Who knows, you could make a career of writing State Board test questions – someone does it, why not you? If words are long and unfamiliar to you, say them out loud. Studies have shown that when we read a word we are unfamiliar with and cannot pronounce, **saying the word aloud, even if incorrectly, is the best method to familiarize ourselves with that word**, and going forward, we are much more likely to remember what it means.

Try it. **Onychophagy** (on – a – kaf – a - gee) = nail biting, or more correctly; bitten nails.
- on, as in: “**on** the test”
- a, as in: “it is a word you need to know”
- kaf, as in: “you need a lot of **caffeine** to study at night”
- a, as in: “Study a lot’
- g, as in: “**gee**, now I will know this word when I see it on my State Board Exam”

**on a kaf a gee**
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1. The study of the growth and structure of nails is known as: Answer _____ (C)
a) Histology b) Nail etiology
c) Onyxology d) Osteology

2. Etiology is the study of: Answer _____ (C)
a) A disease b) The likely progression of a disease
c) The cause of a disease d) The pathology of a disease

3. Often referred to as the cuticle, it overlaps the lunula at the base of the nail: Answer _____ (A)
a) Eponychium b) Hyponychium
c) Perionychium d) Pterygium

4. Infection at the nail base, usually with pus, untreated can cause loss of the nail: Answer _____ (D)
a) Leuconychia b) Leucoderma
c) Onychophagy d) Onychia

5. Onychophagy refers to: Answer _____ (A)
a) Bitten nails b) Split nails
c) Club nails d) Brittle nails

6. Onychia refers to a condition where: Answer _____ (D)
a) The nail hardens and thickens b) The nail softens and falls off
c) White streaks or spots in the nail d) Inflammation at the base of the nail with pus usually present

7. The technical term for bitten nails is: Answer _____ (D)
a) Pterygium b) Leucoderma
c) Onychia d) Onychophagy

8. Tight shoes, or improper trimming of the toe-nails, may result in: Answer _____ (C)
a) Athlete’s foot b) Onychophagy
c) Onychocryptosis/ingrown toe-nails d) Perionychium

9. Onychocryptosis is a condition that may result from: Answer _____ (A)
a) Excessively tight shoes b) Mold found in public showers
c) Damage to the onychophagy d) Plantar warts

10. A nail product used to smooth out and fill in minor depressions in a client’s nails is: Answer _____ (D)
a) Fiberglass b) Acrylic
c) Nylon d) Ridge filler

11. The nail is composed of a substance known as: Answer _____ (B)
a) Calcium b) Keratin
c) Sulphur d) Sodium

12. The area from the nail root to the free edge, contains no blood vessels / nerves: Answer _____ (D)
a) Nail plate b) Nail bed
c) Nail body d) Both A and C

13. Portion of the nail assembly where the nail plate rests, contains blood vessels & nerves: Answer _____ (B)
a) Nail plate b) Nail bed
c) Nail body d) Both A and C

14. The point where the nail enters the skin at the nail base is referred to as the: Answer _____ (A)
a) Eponychium b) Hyponychium
c) Perionychium d) Nail groove
15. The tissue beneath the free edge of the nail is known as:  
   a) Eponychium  
   b) Hyponychium  
   c) Perionychium  
   d) Pterygium  
   Answer _____  (B)

16. Contains the blood, lymph, and nerves from which new nail cells are generated:  
   a) Nail root  
   b) Nail mantle  
   c) Nail matrix  
   d) Nail pterygium  
   Answer _____  (C)

17. This is the active tissue from which new nail cells are generated:  
   a) Nail root  
   b) Nail mantle  
   c) Nail matrix  
   d) Nail pterygium  
   Answer _____  (C)

18. The nail root and nail matrix are located in this cup / pocket like structure:  
   a) Nail root  
   b) Nail mantle  
   c) Nail matrix  
   d) Nail pterygium  
   Answer _____  (B)

19. Leuconychia is a condition that usually presents as:  
   a) Blue spots / streaks under the nails  
   b) White spots / streaks under the nails  
   c) Red spots / streaks under the nails  
   d) Soft, thin nails, with ridges  
   Answer _____  (B)

20. The Latin / medical term for nails is:  
   a) Onyx  
   b) Pterygium  
   c) Onychia  
   d) Onychatrophia  
   Answer _____  (A)

21. If a finger nail is lost / removed, approximately how long will it take to grow back?  
   a) 1 - 2 months  
   b) 3 - 6 months  
   c) 9 months  
   d) 9 - 12 months  
   Answer _____  (B)

22. If lost / removed, how long will it take to grow a new nail plate / nail body:  
   a) 1 - 2 months  
   b) 2 - 4 months  
   c) 3 - 6 months  
   d) Cannot be re-generated / regrown  
   Answer _____  (C)

23. If a toe-nail is lost / removed, approximately how long will it take to grow back?  
   a) 1 - 2 months  
   b) 3 - 6 months  
   c) 9 - 18 months  
   d) It will not grow back  
   Answer _____  (C)

24. If the technician causes bleeding to occur during a nail service, they should use:  
   a) Hydrogen peroxide  
   b) Styptic powder / powdered alum  
   c) Styptic pencil  
   d) Alcohol  
   Answer _____  (B)

25. Once destroyed, which part of the nail will not grow again?  
   a) Matrix  
   b) Nail bed  
   c) Nail wall  
   d) Nail groove  
   Answer _____  (A)

26. The adhesive coat for nail polish is the:  
   a) Top coat  
   b) Base coat  
   c) Sealer  
   d) Foundation  
   Answer _____  (B)

27. Pumice powder is most commonly found in:  
   a) Acrylic powder  
   b) Nail buff powder  
   c) Cuticle cream  
   d) Moisturizing lotions  
   Answer _____  (C)

28. If bleeding occurs during a manicure / pedicure, use:  
   a) Hydrogen peroxide  
   b) Alcohol  
   c) Antiseptic  
   d) Warm soap and water  
   Answer _____  (C)

29. Always file natural nails:  
   a) Center to corner  
   b) Corner to center  
   c) Right to left  
   d) Left to right  
   Answer _____  (B)
30. The technical term for a hang nail is: Answer _____
   a) Clubbed nail
   b) Onychophagy
   c) Agnail
   d) Hyponychium

31. If artificial nails are lifting from the nail bed, this may cause:
   Answer _____
   a) Bleeding
   b) Mold and infection
   c) Atrophy of the nail
   d) Onychophagy

32. Cuticle creams will help to prevent: Answer _____
   a) Leuconychia
   b) Onychophagy
   c) Perionychium
   d) Hang-nails / Agnails

33. Onychophagy may increase blood flow to the _____ and cause the nail to grow faster:
   Answer _____
   a) Nail groove
   b) Nail Matrix
   c) Nail bed
   d) Lunula

34. This portion of the nail effects its shape, size, and rate of growth:
   Answer _____
   a) Perionychium
   b) Onychia
   c) Pterygium
   d) Matrix

35. A half-moon at the base of the nail is known as:
   Answer _____
   a) Onychocryptosis
   b) Onychia
   c) Lunula
   d) Onychophagy

36. Oil or moisture under a nail enhancement may cause:
   Answer _____
   a) Onychia
   b) Pterygium
   c) Fungus or mold
   d) Enhancements to lift/ fall off

37. The largest bone in the arm is known as:
   Answer _____
   a) Humerous
   b) Occipital
   c) Hyoid
   d) Ulna

38. The correct order of application in polishing a client's nails would be:
   Answer _____
   a) Enamel, top coat, base coat
   b) Base coat, enamel
   c) Base coat, top coat
   d) Base coat, enamel, top coat

39. This bone is found in the forearm and on the same side as the little finger:
   Answer _____
   a) Radius
   b) Ulna
   c) Femur
   d) Sternum

40. This bone is found in the forearm and on the same side as the thumb:
   Answer _____
   a) Radius
   b) Ulna
   c) Femur
   d) Carpus

41. When removing polish from artificial nails, use:
   Answer _____
   a) Alcohol
   b) Hydrogen Peroxide
   c) Non-acetone
   d) Acetone

42. When removing artificial nails or nail enhancements, use:
   Answer _____
   a) Alcohol
   b) Hydrogen Peroxide
   c) Non-acetone
   d) Acetone

43. Before performing any nail service, the nail tech should attempt to find out if the client:
   Answer _____
   a) Has high blood pressure
   b) Is diabetic
   c) Has a heart condition
   d) Is pregnant

44. What is the best manner in which to treat agnails:
   Answer _____
   a) Hot oil manicures
   b) Ridge filler
   c) Astringent / powdered alum
   d) Nail wrap
45. When in use, how should manicuring / pedicuring implements be kept?  
   Answer _____  (D) 
   a) In a Quats container  
   b) In a closed receptacle  
   c) In the manicure table drawer  
   d) On a clean towel

46. When not in use, manicure / pedicure implements should be stored in a:  
   Answer _____  (B) 
   a) Closed quats container  
   b) Closed container  
   c) At the manicure station  
   d) In a locked cabinet

47. These warts, caused by the HPV Virus, are flat, hard, thick growths, usually occurring on the soles of the feet and sometimes look like a circle within a circle.  
   Answer _____  (C) 
   a) Periungual warts  
   b) Flat warts  
   c) Plantar warts  
   d) Filiform warts

48. Nail bleaches and lighteners usually contain:  
   Answer _____  (D) 
   a) Detergent  
   b) Sodium hydroxide  
   c) Calcium carbonate  
   d) Hydrogen peroxide

49. Thickened white skin and watery blisters between the toes are indications of:  
   Answer _____  (C) 
   a) Periungal warts  
   b) Flat warts  
   c) Plantar warts  
   d) Filiform warts

50. Another name for Athlete’s Foot is:  
   Answer _____  (B) 
   a) Onychophagy  
   b) Ringworm of the feet / Tinea Pedis  
   c) Pediculosis  
   d) Onychia

51. Watery blisters and thickened whitish skin between the toes, is known as:  
   Answer _____  (B) 
   a) Tinea capitis  
   b) Tinea pedis  
   c) Tinea dermis  
   d) Filiformus

52. If your client has brittle/dry nails or dry cuticles, what should you recommend?  
   Answer _____  (B) 
   a) Nail wraps  
   b) Hot oil manicure  
   c) Gel manicure  
   d) Plain manicure

53. To avoid ingrown toe-nails (onychocryptosis), do not file or clip:  
   Answer _____  (B) 
   a) The nail into a square shape  
   b) Into the corners of the nails  
   c) The nails to short  
   d) The nails into a rounded shape

54. The instrument used for trimming the cuticle is a:  
   Answer _____  (B) 
   a) Brush  
   b) Nipper  
   c) Pusher  
   d) File

55. A bacterial infection with pus at the nail matrix is known as:  
   Answer _____  (D) 
   a) Paronychia  
   b) Pityriasis  
   c) Onychophagy  
   d) Onychia

56. When giving a pedicure with a foot & leg massage, you should not massage over the:  
   Answer _____  (B) 
   a) Calf muscle  
   b) Shin bone  
   c) Metatarsus  
   d) Patella

57. For a natural effect, the shape of the finger nails should conform to the shape of the:  
   Answer _____  (D) 
   a) Client’s desire  
   b) Current fashion dictates  
   c) Client’s hands  
   d) Client’s fingers

58. Most nail techs consider the ideal nail shape is:  
   Answer _____  (B) 
   a) Round  
   b) Oval  
   c) Square  
   d) Fan

59. Onychophagy is the technical term for:  
   Answer _____  (B) 
   a) Hang nails  
   b) Bitten nails  
   c) Dry, brittle nails  
   d) Wavy, ridged nails
60. When pushing back cuticles, how should the nail technician hold the pusher:  
   a) Flat against nail with light pressure  b) Angled with light pressure  
   c) Flat with medium pressure  d) Angled with medium pressure  
   Answer _____  (D)

61. A semicircular fold of skin overlapping the nail plate on either side:  
   a) Nail wall  b) Nail groove  
   c) Eponychium  d) Pterygium  
   Answer _____  (A)

62. To remove your client’s acrylic nails, you should:  
   a) Soak in non-acetone polish remover, then gently pull off nails  
   b) Soak in acetone polish remover, then gently pull off nails  
   c) Use nippers to remove unwanted acrylic nail, then soak off remainder  
   d) Use electric file to buff off acrylic nail, then soak off remainder  
   Answer _____  (C)

63. Condition describes a forward growth of the cuticle covering most of the nail plate/body:  
   a) Pterygium  b) Eponychium  
   c) Perionychium  d) Onychia  
   Answer _____  (A)

64. Atrophy or wasting away of the nail plate, may be the result of injury or disease:  
   a) Onychatrophia  b) Onychophagy  
   c) Leucoderma  d) Paronychia  
   Answer _____  (A)

65. These are the tracks on both sides of the nail, through which it moves as it grows:  
   a) Walls  b) Grooves / Tracks  
   c) Plains  d) None of the above  
   Answer _____  (B)

66. This is the cuticle overlapping the lunula at the base of the nail:  
   a) Perionychium  b) Onychia  
   c) Eponychium  d) Onychophagy  
   Answer _____  (C)

67. This is the skin surrounding, touching, and overlapping the nail on 3 sides:  
   a) Eponychium  b) Hyponychium  
   c) Perionychium  d) Pterygium  
   Answer _____  (C)

68. Nail shape recommended for individuals who work on computer keyboards:  
   a) Oval  b) Pointed  
   c) Round  d) Square  
   Answer _____  (D)

69. The field of medicine dealing specifically with the feet and related issues is:  
   a) Dermatology  b) Podiatrist  
   c) Opthomology  d) Podiatry  
   Answer _____  (D)

70. Portion of the nail extending beyond the end of the finger/toes, and protecting the tips:  
   a) Hyponychium  b) Nail plate  
   c) Pterygium  d) Free edge  
   Answer _____  (D)

71. Crescent shaped whitish area of the nail bed (not always visible):  
   a) Quick  b) Pterygium  
   c) Eponychium  d) Lunula  
   Answer _____  (D)

72. This skin surrounds, touches, and overlaps the nail:  
   a) Eponychium  b) Hyponychium  
   c) Perionychium  d) Pterygium  
   Answer _____  (C)

73. The term used to indicate inflammation of the skin surrounding the nail plate / body:  
   a) Perionychium  b) Onychia  
   c) Paronychia  d) Onychophagy  
   Answer _____  (C)
74. The fold of skin at the sides of the nail:
   a) Perionychium  
   b) Hyponychium  
   c) Pterygium  
   d) Leuconychia
   Answer _____ (A)

75. The matacarpus / palm of the hand contains how many long & slender bones:
   a) Three  
   b) Eight  
   c) Fourteen  
   d) Five
   Answer _____ (D)

76. The carpus / wrist contains how many bones:
   a) 3  
   b) 8  
   c) 14  
   d) 5
   Answer _____ (B)

77. The tissue beneath the distal end (free edge) of the nail and the finger or toe:
   a) Perionychium  
   b) Hyponychium  
   c) Pterygium  
   d) Leuconychia
   Answer _____ (B)

78. Hyponychium refers to the:
   a) Nail groove  
   b) Skin under the free edge  
   c) The nail matrix or root  
   d) Bitten nails
   Answer _____ (B)

79. The technical term for a “hangnail” is:
   a) Hangnail  
   b) Agnail  
   c) Ingrown nail  
   d) Paronychia
   Answer _____ (B)

80. The skin beneath / under the Free Edge of the nail:
   a) Hyponychium  
   b) Epionychium  
   c) Peronychium  
   d) Paronychium
   Answer _____ (A)

81. An inflammation at the base of the nail:
   a) Onychia  
   b) Epionychium  
   c) Peronychium  
   d) Paronychium
   Answer _____ (A)

82. What is the primary purpose of nail primer?
   a) To destroy bacteria present on the nail  
   b) To absorb oil and moisture on nail  
   c) To improve adhesion  
   d) To help acrylic nails adhere to natural nail
   Answer _____ (C)

83. What can a nail tech use to smooth out imperfections in a client’s natural nails?
   a) A clear liquid polish  
   b) Ridge filler  
   c) A reconditioning treatment  
   d) Any of the above
   Answer _____ (B)

84. What is used to dry and harden gel nails:
   a) A heat lamp  
   b) An ultra-violet lite  
   c) Gel nails dry & harden without assistance  
   d) None of the above
   Answer _____ (B)

85. In the salon, nail techs often use styptic in this form to stop bleeding from minor cuts.
   a) A styptic pencil  
   b) Powdered alum  
   c) An alum block  
   d) Alum crystals
   Answer _____ (B)

86. What is the function of “primer” when applied during an artificial nail application?
   a) Absorb oil & moisture  
   b) Allow for better bonding  
   c) Both A and B are correct  
   d) None of the above
   Answer _____ (D)

87. The excessive heat often generated by electric nail sanders may harm the:
   a) Hyponychium  
   b) Eponychium  
   c) Perionychium  
   d) Nail plate
   Answer _____ (D)

88. A steel nail pusher should only be used:
   a) On a moist nail  
   b) On a dry nail  
   c) Steel pushers should not be used  
   d) Technicians preference
   Answer _____ (A)
89. What effect will acetone have on a sculptured, artificial, or gel nail? Answer _____ (B)
   a) Harden 
   b) Soften 
   c) No effect 
   d) Destroy bacterial infection & mold

90. What is the function of a “dehydrator” when applied during an artificial nail application: Answer _____ (D)
   a) Absorb moisture
   b) Allow for better bonding
   c) Both A and B are correct
   d) Absorb oil & moisture

91. This is found at the base of the nail often overlapping the lunula: Answer _____ (A)
   a) Eponychium
   b) Perionychium
   c) Hyponychium
   d) None of the above

92. The Latin / medical / technical term for nails: Answer _____ (D)
   a) Ony
   b) Onx
   c) Onxy
   d) Onyx

93. Very thin nails that are brittle and less flexible than usual are referred to as: Answer _____ (D)
   a) Pliable nails
   b) Agnails
   c) Onychophagy nails
   d) Eggshell nails

94. Found at the nail base, may overlap the lunula and extend as far back as the first knuckle: Answer _____ (B)
   a) Hyponychium
   b) Eponychium
   c) Perionychium
   d) Free edge

95. This refers to the tissue that is found under the free edge of the nail: Answer _____ (B)
   a) Eponychium
   b) Hyponychium
   c) Lunula or half moon
   d) Pterygium

96. This is the deep fold of skin within which the nail root & matrix are found: Answer _____ (B)
   a) Matrix
   b) Mantle
   c) Pterygium
   d) Onychatrophia

97. Contains many nerves and blood vessels: Answer _____ (A)
   a) Nail bed
   b) Nail body
   c) Nail fold
   d) Nail plate

98. Wavy nail ridges, often the result of uneven growth due to injury, are known as: Answer _____ (D)
   a) Onychophagy
   b) Onychosis
   c) Onychia
   d) Corrugations

99. Nail tech will shape / file the nail prior to soaking in the nail bath, this is done because: Answer _____ (D)
   a) Filing dry nails is harder for the nail tech
   b) Filing dry nails is easier for the nail tech
   c) Filing damp nails is more difficult
   d) Both B and C

100. If the nail matrix is destroyed, what will occur: Answer _____ (D)
    a) Nail will have ridges
    b) Nail growth will be uneven
    c) Nail will be discolored
    d) Nail will not grow again

101. The nail matrix and nail root are found here: Answer _____ (D)
    a) Nail pterygium
    b) Nail plate
    c) Nail bed
    d) Nail mantle

102. Functions as a barrier to stop bacteria / infection from getting to the nail matrix: Answer _____ (B)
    a) Pterygium
    b) Eponychium
    c) Lanula
    d) Hyponychium

103. The cuticle overlapping the lunula is referred to as the: Answer _____ (B)
    a) Pterygium
    b) Eponychium
    c) Lanula
    d) Hyponychium
104. All nourishment is supplied to the nail from the: Answer _____ (D)
a) Nail ptygerium b) Nail plate
c) Nail bed d) Nail root

105. Before the nail tech applies artificial nail enhancements, the natural nail must be: Answer _____ (C)
a) Oiled b) Moist
c) Buffed d) All of the above

106. The improper use of nail nippers may result in: Answer _____ (C)
a) Onychocryptosis b) Onychia
c) Agnails d) Onychophagy

107. Very dry cuticles may result in which of the following: Answer _____ (A)
a) Agnail (hangnails) b) Onychia (inflammation at the nail base)
c) Onychophagy (bitten nails) d) Onychocryptosis (ingrown nails)

108. A bacterial infection of the tissue around the nail: Answer _____ (C)
a) Onychocryptosis b) Onychophagy
c) Paronychia d) Agnail

109. The active ingredient in nail bleach or whiteners is: Answer _____ (D)
a) Bleach b) Hydrogen peroxide
c) H2O2 d) Both B and C

110. For the most natural look, the shape of the nail should conform to the shape of the: Answer _____ (C)
a) Hands b) Fingers
c) Fingertips d) Client’s preference

111. Which of the following will not cause nail fungus? Answer _____ (D)
a) Trapped moisture b) Trapped air
c) Loose nail enhancements d) Excessive primer

112. The pedicure process begins by: Answer _____ (A)
a) Soaking the feet in a disinfectant footbath b) Clipping the client’s nails
c) Filing the client’s nails d) Soaking the feet in warm water

113. When giving a manicure, the proper procedure for dealing with cuticles is: Answer _____ (B)
a) Carefully cut them away b) Do not cut unless client insists
c) Do not push d) It is against state board regulation to cut them

By now, you are asking yourself; “am I taking the Cosmetology Examination or the Manicuring Test?” Past experience and current research has shown us that most applicants who failed the Cosmetology Exam did so by only a few questions. It has also shown that Cosmetology students tend to make more mistakes on the manicuring questions than in most any other area. On a recent exam given in Hawaii, the first 27 questions were all on nails and their diseases. With this information in mind: you want to be prepared, and it makes sense to attack the most difficult section/s first.

114. In discussing a haircut, where is the perimeter located? Answer _____ (B)
a) In the crown b) At the outer edges
c) At the front hairline d) At the fringe area

115. It is recommended that you cut extremely curly hair: Answer _____ (B)
a) Wet b) Dry cut before straightening
c) Dry cut after straightening d) Damp

116. It is recommended that you cut kinky curly hair: Answer _____ (C)
a) Wet b) Dry before straightening
c) Dry after straightening d) Damp
117. When cutting extremely curly hair, avoid which of the following cutting implements?  Answer _____  (C)
   a) Shears                                                     b) Clippers
   c) Razors                                                   d) Thinning shears

118. When cutting a “cowlick”, what tension should be used?  Answer _____  (D)
   a) Medium                                                 b) Very little
   c) High tension                                          d) No tension

119. When cutting hair with electric clippers, the hair should be:  Answer _____  (B)
   a) Damp                                            b) Dry
   c) Wet                                               d) Cut with lotion

120. When cutting the hair with a razor, the hair should be:  Answer _____  (C)
   a) Wet or dry                                    b) Dry
   c) Wet or Damp                                             d) Cut with lotion

121. The reason razor cutting requires damp hair is:  Answer _____  (A)
   a) To avoid pulling the hair    b) Retains sharp edge of razor longer
   c) Provides stylist with better control   d) Prevents nicks & cuts

122. The principal reason for using thinning shears is:  Answer _____  (B)
   a) Increase bulk       b) Decrease bulk
   c) Create a feathered appearance      d) Increases stylist’s control

123. Tapering has many different names, which of the following is not a name for tapering:  Answer _____  (A)
   a) Blunt        b) Graduation
   c) Shingling       d) Fading

124. Layering means the hair lengths have been cut:  Answer _____  (B)
   a) Bluntly        b) Graduated
   c) At a 0 degree elevation                  d) Undercut

125. Which of the following would not be useful to thin out the hair:  Answer _____  (D)
   a) Thinning shears    b) Shears
   c) Razor         d) Clippers

126. Which of the following is not a part of your cutting shears?  Answer _____  (D)
   a) Screw                                           b) Finger Brace
   c) Blade                                            d) Prong

127. On which part of your cutting shears does your little finger rest?  Answer _____  (D)
   a) Screw                                       b) Tang
   c) Blade                                      d) Finger Brace / Guard

128. Which of the following can be achieved with the “shears over comb” technique?  Answer _____  (B)
   a) Texturizing                                  b) Layering very close to the skin
   c) Height at the crown                     d) Long layers

129. Type of haircut most suitable for a client with a large chin or prominent jaw line?  Answer _____  (B)
   a) Asymmetrical      b) Chin length BOB
   c) Tapered back & sides with a full crown  d) Shoulder length layers

130. In cutting very straight hair, what degree of tension is recommended?  Answer _____  (C)
   a) Medium tension                               b) Minimum tension
   c) Maximum tension                            d) Client comfort is the determining fact

131. A client has fine, dense hair, and wants it thinned out. How far from the head, should the stylist hold the razor, or thinning shears?  Answer _____  (C)
   a) ½ inch                                      b) ¼ inch
   c) 1 inch                                      d) 1 ½ inches
132. Club cutting is a method of cutting the hair:  
   a) With a razor  
ob) With “shears over comb”  
c) Blunt and straight across  
d) A very tight & close taper at the neck  
   Answer _____ (C)

133. To create the appearance of height, cut the hair:  
   a) Full at the nape and crown  
b) Close at the nape and crown  
c) Short in front, but longer in back  
d) Close at the nape and high in the crown  
   Answer _____ (D)

134. When trying to create more body in fine hair:  
   a) Use the shears over comb method  
b) Give a blunt cut  
c) Cut using a razor  
d) Use graduated layers where possible  
   Answer _____ (B)

135. In razor cutting, the amount of hair removed in one razor stroke is dependant upon:  
   a) Sharpness of the razor  
b) Angle of the razor  
c) Length of the hair  
d) Skill and agility of the stylist  
   Answer _____ (B)

136. When slithering hair, the best results will be obtained when using shears with which edge:  
   a) Notched  
b) Corrugated  
c) Sharp  
d) Smooth  
   Answer _____ (C)

137. Flexible comb, used in a “scissors over comb” technique, creates a close/tight neckline is:  
   a) Styling comb  
b) Fine tooth comb  
c) Barber comb  
d) All of the above  
   Answer _____ (C)

138. Which of the following hair cutting implements may be used on wet or dry hair?  
   a) Shears  
b) Razors  
c) Clippers  
d) All of the above  
   Answer _____ (A)

139. Which of the following hair cutting implements could be used on dry hair?  
   a) Shears  
b) Razors  
c) Clippers  
d) Both A and C  
   Answer _____ (D)

140. Which of the following hair cutting implements is best used on wet/damp hair?  
   a) Shears  
b) Razors  
c) Clippers  
d) All of the above  
   Answer _____ (B)

141. These hair-cutting lines are used to create a sense of weight and stability:  
   a) Diagonal  
b) Vertical  
c) Concave  
d) Horizontal  
   Answer _____ (D)

142. These hair-cutting lines are used to create a sense/illusion of movement:  
   a) Vertical  
b) Diagonal  
c) Horizontal  
d) Weight lines  
   Answer _____ (B)

143. The angle/degree at which you hold the hair out from the scalp prior to cutting:  
   a) Elevation  
b) Graduation  
c) Weight line  
d) Demarcation  
   Answer _____ (A)

144. A blunt cut, tends to create lines that are:  
   a) Feathered and soft  
b) Soft and feminine  
c) Hard  
d) Easy to roll in a roller set  
   Answer _____ (C)

145. In the “shear over comb” cutting technique, which comb is generally used?  
   a) Wide tooth comb  
b) Styling comb  
c) Rattail comb  
d) Barber comb  
   Answer _____ (D)

146. In the “shear over comb” technique, you should work with an area:  
   a) No wider than the comb  
b) Equal width to the comb  
c) As wide as the comb  
d) No wider than the blade of the shears  
   Answer _____ (A)
147. In the “shear over comb” technique, the angle of the comb will determine: 
   a) The length of the hair                        b) The degree of elevation
   c) Both A and B                                   d) None of the above

Answer _____ (A)

148. In the “shears over comb” technique, the stylist should begin the haircut at the: 
   a) Crown                                b) Wherever they feel most comfortable
   c) Front                                  d) Nape

Answer _____ (D)

149. If your client has lice, what must you do? 
   a) Recommend a shampoo to destroy lice  b) Refuse service
   c) Recommend they see a doctor           d) Complete service

Answer _____ (B)

150. When cutting the hair with clippers, it is generally best to: 
   a) Follow direction of the hair growth pattern b) Go against direction of the hair growth pattern
   c) Have hair slightly damp, especially in nape    d) Shampoo and dry the hair prior to cutting

Answer _____ (B)

151. When using the “clipper over comb” technique, the clippers move: 
   a) Sideways across underside of the comb  b) Up and down across underside of the comb
   c) Sideways across top of the comb        d) Up and down across top side of the comb

Answer _____ (C)

152. While cutting a client’s hair, if the stylist momentarily stops cutting, what is the best method to handle the shears: 
   a) Closed, on your station  b) Palm them, closed, facing the client
   c) Palm them, open, facing the stylist       d) Palm them, closed, facing the stylist

Answer _____ (D)

153. Thinning shears are used to: 
   a) Remove excess length  b) Remove excess bulk
   c) Create high fashion looks  d) Create feathered layers

Answer _____ (B)

154. Using “single-notched” shears will have which of the following effects: 
   a) Remove less hair than double-notched  b) Remove more hair than double-notched
   c) Remove virtually no hair

Answer _____ (B)

155. Using “double-notched” shears will have which of the following effects: 
   a) Remove more hair than double-notched  b) Remove less hair than single-notched
   c) Remove virtually no hair  d) Create a “spiked” look

Answer _____ (B)

156. A uniformed layered cut (same length throughout) is cut at what angle/degree: 
   a) 0                                    b) 45
   c) 90                                   d) 180

Answer _____ (C)

157. A haircut using a 0 degree/angle is referred to as all of the following except: 
   a) Wedge  b) BOB  c) Blunt cut  d) Solid form

Answer _____ (A)

158. Slithering / effilating refers to the technique of decreasing bulk by: 
   a) Point Cutting  b) Thinning the hair
   c) Opening & partially closing shears up & down the hair shaft  d) Both B and C

Answer _____ (D)

159. The technical / medical term for the palm of your hand: 
   a) Phalanges  b) Metacarpus  c) Hyoid  d) Talus

Answer _____ (B)

160. There are _____ bones in the metacarpus: 
   a) 28  b) 5  c) 8  d) 14

Answer _____ (B)

161. This is the largest artery in the body: 
   a) Carotid  b) Aorta  c) Jugular  d) Talus

Answer _____ (B)
162. There are _____ bones in the wrist / carpus: Answer _____ (C)
   a) 28                                         b) 5
   c) 8                                         d) 14

163. “Fringe” is another term for “bangs” and is generally used to cover the area from: Answer _____ (A)
   a) Outer corner of the eyes b) Eyebrow arch
   c) From the front of the ear d) Inner corner of the eyebrows

164. When cutting hair with electric clippers, the hair should be: Answer _____ (B)
   a) Damp b) Dry
   c) Wet d) Cut with lotion

165. The neutralizer used in a permanent wave solution / chemical hair relaxer is: Answer _____ (D)
   a) Alkaline b) Base
   c) Neutral d) Acid

166. The reason razor cutting requires wet hair is: Answer _____ (A)
   a) To avoid pulling the hair b) Retains sharp edge of razor longer
   c) Provides stylist with better control d) Prevents nicks & cuts

167. A haircut using a 180 angle will have which of the following lengths: Answer _____ (C)
   a) Longer interior, shorter exterior b) Horizontal lines with a longer interior
   c) Shorter interior, longer exterior d) None of the above

168. Tapering has many different names, which of the following is not a name for tapering: Answer _____ (D)
   a) Graduation b) Shingling
   c) Fading d) Blunt

169. The proper position for the shampoo cape while shampooing a client’s hair is: Answer _____ (A)
   a) Over the chair b) Under the chair
   c) Over for chemical services only d) Client’s comfort controls

170. For what type of skin are facial scrubs contra-indicated (not advisable)? Answer _____ (C)
   a) Oily b) Dry
   c) Acneic d) Normal

171. When the palms of the hands / finger tips are used in a rubbing motion, this is called: Answer _____ (A)
   a) Friction b) Effleurage
   c) Tapotement d) Petrissage

172. Using “single-notched” shears will have which of the following effects: Answer _____ (A)
   a) Remove more hair than “double-notched” b) Remove less hair than “double-notched”
   c) Remove virtually no hair d) Create a “spiked” look

173. Which of the following will remove the greatest amount of hair? Answer _____ (C)
   a) Double-notched shears b) Single-notched shears
   c) Regular Shears d) Razor

174. The approximate pH of permanent wave neutralizer is: Answer _____ (C)
   a) 8.2 – 9.6 b) 6.5 – 7.5
   c) 3 - 5 d) None of the above

175. Which of the following would likely need to be melted prior to use: Answer _____ (C)
   a) Clay b) Mud
   c) Wax d) None of the above

176. Paraffin is: Answer _____ (C)
   a) Clay b) Mud
   c) Wax d) None of the above
177. You have lightened your client’s hair from a Level 3 to a Level 6, what is the underlying exposed warm pigment and what is the correct Toner to create a neutral result:
   Answer _____  (A)
   a) Orange / Blue  
   b) Yellow / Violet
   c) Red / Green  
   d) None of the above

178. You have lightened your client’s hair from Level 5 to a Level 9, what is the underlying exposed warm pigment and what is the correct Toner to create a neutral result:
   Answer _____  (B)
   a) Orange / Blue  
   b) Yellow / Violet
   c) Red / Green  
   d) None of the above

179. You have lightened your client’s hair from Level 5 to Level 9, you then apply a blue based Toner, what is the result:
   Answer _____  (A)
   a) Green                                              
   b) Neutral
   c) Blue                                               
   d) None of the above

180. In the “scissors over comb” technique, holding comb flat against the head will result in:
   Answer _____  (D)
   a) The hair being shorter  
   b) Greater stylist comfort / less wrist tension
   c) More scalp visibility  
   d) Less scalp visibility / longer hair

181. Silking, refers to:
   Answer _____  (A)
   a) Relaxing the hair with heat  
   b) Relaxing the hair with a Thio relaxer
   c) Double Pressing the hair  
   d) Relaxing the hair with a Guanidine relaxer

182. The approximate pH of an ammonium thioglycolate solution is:
   Answer _____  (C)
   a) 2.5 – 5.5  
   b) 4.5 – 5.5
   c) 8.2 – 9.6  
   d) 9.5 – 11.5

183. About 90% of the scalp hair is in this stage / phase at any given time:
   Answer _____  (A)
   a) Anagen                                             
   b) Catagen
   c) Telogen                                            
   d) All of the above

184. About 10% of the scalp hair is in this stage / phase at any given time:
   Answer _____  (C)
   a) Anagen                                             
   b) Catagen
   c) Telogen                                            
   d) All of the above

185. Although vellus and lanugo hair are similar, vellus hair can be distinguished because:
   Answer _____  (B)
   a) Vellus hair has pigment  
   b) Vellus hair has no pigment
   c) Lanugo hair has no pigment  
   d) None of the above

186. Which of the following is not a name for graduation in a haircut?
   Answer _____  (A)
   a) Blunt                                           
   b) Tapering
   c) Shingling                                        
   d) Fading

187. The hair that we are primarily concerned with cutting, is referred to as:
   Answer _____  (D)
   a) Vellus hair                                    
   b) Terminus hair
   c) Lanugo hair                                   
   d) Terminal hair

188. Hair cut on an “Angle” is also referred to as being cut:
   Answer _____  (B)
   a) Blunt                                            
   b) On a Bias
   c) Tapered                                         
   d) Graduated

189. Which of the following design lines would be used to add weight / build weight line?
   Answer _____  (B)
   a) Vertical lines                                 
   b) Horizontal lines
   c) Diagonal lines                                 
   d) Perpendicular lines

190. Lanugo hair can be easily distinguished from Vellus hair because:
   Answer _____  (C)
   a) Vellus hair is longer  
   b) Lanugo hair has no pigment
   c) Lanugo hair has pigment  
   d) Vellus hair is only found on children
191. The primary distinction between Vellus and Lanugo hair is: Answer _____ (B)  
   a) Vellus hair has pigment, Lanugo does not  
   b) Lanugo hair has pigment, Vellus does not  
   c) Vellus hair is only found on the face  
   d) Lanugo hair eventually becomes Terminal hair  

192. Which of the following can be achieved with the “shears over comb” technique? Answer _____ (B) 
   a) Texturizing  
   b) Layering the nape very close to the skin  
   c) Height at the crown  
   d) Long layers  

193. Which type of haircut could be used to disguise a large chin and/or prominent jaw line? Answer _____ (B) 
   a) Asymmetrical  
   b) Chin length BOB  
   c) Tapered back & sides with a full crown  
   d) Shoulder length layers  

194. When clipper cutting hair, the clippers should be held in what relationship to the comb? Answer _____ (C) 
   a) At a 90 degree angle to the comb  
   b) At a 45 degree angle to the comb  
   c) In the same position as the comb  
   d) Beneath the comb  

195. This is the widest portion of the head, sometimes referred to as the “crest area”: Answer _____ (D)  
   a) Occipital  
   b) Procerus  
   c) Frontalis  
   d) Parietal  

196. The angle at which the fingers are held during a hair cut: Answer _____ (D)  
   a) Headline  
   b) Guideline  
   c) Frontline  
   d) Cutting line  

197. In haircutting, elevation is used to create: Answer _____ (C)  
   a) A weight line  
   b) Control  
   c) Graduation  
   d) Movement  

198. When cutting a BOB, Blunt Cut, or Solid Form, the most common cutting position is: Answer _____ (A)  
   a) Palm Down  
   b) Palm Up  
   c) Palm-To-Palm  
   d) None of the above  

199. The most commonly used elevations in haircutting are: Answer _____ (B)  
   a) 0 degree and 45 degree  
   b) 45 degree and 90 degree  
   c) All of the above  
   d) None of the above  

200. An angle below 90 degrees, is used primarily to: Answer _____ (B)  
   a) Decrease weight  
   b) Build weight  
   c) Decrease movement  
   d) Increase movement  

201. Angles above 90 degrees are used primarily to: Answer _____ (A)  
   a) Remove weight  
   b) Add weight  
   c) Build weight  
   d) Both B and C  

202. The approximate pH of a cold wave is: Answer _____ (C)  
   a) 2.5 – 5.5  
   b) 4.5 – 5.5  
   c) 8.2 – 9.6  
   d) 9.5 – 11.5  

203. A “Blunt Cut”, is sometimes referred to as / as a: Answer _____ (D)  
   a) BOB  
   b) Zero degree / elevation  
   c) One length / Solid Form  
   d) All of the above  

204. In hair cutting, the area above the parietal / crest is referred to as the: Answer _____ (B)  
   a) Exterior  
   b) Interior  
   c) Top  
   d) None of the above  

205. In hair cutting, the area below the parietal / crest is referred to as the: Answer _____ (A)  
   a) Exterior  
   b) Interior  
   c) Top  
   d) None of the above
206. In a haircut, vertical lines will do all of the following except:  
   a) Add weight                                      b) Remove weight  
   c) Be used with higher elevations d) Be used in graduated or layer cuts 
   Answer _____  (A)

207. Diagonal lines may be used in a haircut to accomplish all of the following except:  
   a) Blend short layers to long layers b) Used to create beveling  
   c) Direct the eye from side to side d) To create slanting/sloping lines 
   Answer _____  (C)

208. Beveling is a hair cutting technique used to create:  
   a) Fullness by cutting the ends at a slight taper b) A term for angle cutting  
   c) Technique using single notched shears d) Technique using double notched shears 
   Answer _____  (A)

209. All of the following are true about guidelines except:  
   a) There are two basic guidelines, stationary and traveling b) May be located at the interior or exterior cutting edge  
   c) They are usually the first section you cut, and determine length the hair will be cut d) They are synonymous with cutting lines 
   Answer _____  (D)

210. Which is not an intended consequence of using horizontal lines in haircutting:  
   a) The removal of weight b) Building weight  
   c) Direct the eye from side to side d) None of the above 
   Answer _____  (A)

211. If your client wanted longer layers, what angles / degrees would you correctly use:  
   a) 45 degrees b) A combination of 45 and 90 degrees  
   c) 90 degrees d) 180 degrees 
   Answer _____  (B)

212. In a graduated or layered haircut, the most commonly used elevation is:  
   a) Zero degrees b) 45 degrees  
   c) 90 degrees d) 180 degrees 
   Answer _____  (B)

213. The most commonly observed elevation in a graduated or layered haircut is:  
   a) Zero degrees b) 45 degrees  
   c) 90 degrees d) 180 degrees 
   Answer _____  (B)

214. Which angle / degree would create the longest possible layers in a client’s haircut?  
   a) 45 degrees b) A combination of 45 and 90 degrees  
   c) 90 degrees d) 180 degrees 
   Answer _____  (D)

215. Which angles / degrees would provide the most movement and volume?  
   a) Zero degrees b) 45 degrees  
   c) 90 degrees d) 180 degrees 
   Answer _____  (D)

216. Over direction is a cutting technique that may be used in:  
   a) A layered cut b) A graduated cut  
   c) A length increase moving towards the front d) All of the above 
   Answer _____  (D)

217. In hair-cutting, horizontal lines are generally used to / for / with:  
   a) Reduce weight b) In a graduated cut  
   c) A stationary guideline d) To create weight 
   Answer _____  (D)

218. In blow-drying and wet-setting, the use of over direction will create:  
   a) A firmer set b) A tighter curl  
   c) Maximum volume d) None of the above 
   Answer _____  (C)

219. This type of guideline is used in blunt cutting / to create a gradual increase in length:  
   a) Traveling b) Stationary  
   c) Permanent d) Temporary 
   Answer _____  (B)
220. Whether the layers are different lengths or uniform, this type of guideline is used primarily when creating layered/graduated designs: Answer ____ (A)
   a) Traveling 
   b) Stationary
   c) Permanent 
   d) Temporary

221. Checking the hair in the opposite direction from that which it was cut: Answer ____ (D)
   a) Cross Cutting 
   b) Cross Counseling
   c) Four Corners 
   d) Cross Checking

222. The main ingredient in most permanent wave neutralizers is: Answer ____ (C)
   a) Sodium Hydroxide 
   b) Guanidine
   c) Hydrogen Peroxide 
   d) Potassium Hydroxide

223. Hydrogen Peroxide is: Answer ____ (B)
   a) Alkaline 
   b) Acid
   c) Neutral 
   d) None of the above

224. The neutralizer for a permanent wave or a chemical hair relaxer is: Answer ____ (C)
   a) Neutral 
   b) Alkaline
   c) Acid 
   d) Sodium Hydroxide

225. When cutting diagonal lines (movement), the most common cutting position is: Answer ____ (B)
   a) Palm Down 
   b) Palm Up
   c) Palm-To-Palm 
   d) All of the above

226. In cutting very straight hair, what degree of tension is recommended? Answer ____ (D)
   a) Medium tension 
   b) Minimum tension
   c) Client comfort is the determining factor 
   d) Maximum tension

227. The effect of effleurage movements would be: Answer ____ (D)
   a) Energizing 
   b) Stimulating
   c) Inspiring 
   d) Relaxing

228. A medium pressure, kneading or rolling motion is called: Answer ____ (D)
   a) Friction 
   b) Effleurage
   c) Tapotement 
   d) Petrissage

229. A light, tapping movement, applied with either the hand or the finger tip is called: Answer ____ (C)
   a) Friction 
   b) Effleurage
   c) Tapotement 
   d) Petrissage

230. Anhidrosis: Answer ____ (C)
   a) Excessive sweat 
   b) Foul smelling sweat
   c) Inability to sweat 
   d) None of the above

231. A tapping motion applied with the finger tips moving quickly across the face: Answer ____ (C)
   a) Friction 
   b) Effleurage
   c) Tapotement 
   d) Petrissage

232. A stimulating, brisk shaking movement, done with the finger tips is called: Answer ____ (D)
   a) Friction 
   b) Effleurage
   c) Tapotement 
   d) Vibration

233. Approximately 12% of sunlight is comprised of: Answer ____ (A)
   a) Visible light 
   b) Ultra violet
   c) Low spectrum 
   d) High spectrum

234. Approximately 80% of sunlight is comprised of: Answer ____ (A)
   a) Infra red 
   b) Ultra violet
   c) Visible light 
   d) High spectrum
235. With both chemical and germicidal effects, White and Blue lights are considered: 
   a) Tanning lights  
   b) Good for opening pores
   c) Penetrating  
   d) Non-penetrating

236. A sudden elevation or increase in the amount of sweat produced is referred to as: 
   a) Bromhidrosis  
   b) Hyperhidrosis
   c) Anhidrosis  
   d) Pityriosis

237. Excessively foul smelling sweat is called: 
   a) Bromidrosis  
   b) Anhidrosis
   c) Pityriosis  
   d) Nevus Flameus

238. Bromhidrosis: 
   a) Foul smelling sweat  
   b) Inability to sweat
   c) Excessive sweating  
   d) Sweating of the hands and feet

239. The technical name for skin is: 
   a) Epidermis  
   b) Leucoderma
   c) Derma  
   d) Stratum Cornium

240. The fatty layer of the skin that creates softness and suppleness, is called: 
   a) Subcutaneous / Adipose  
   b) Stratum Germinitivum
   c) Epidermis  
   d) Stratum Lucidum

241. The thinnest skin is found on the: 
   a) Palms of hands and soles of feet  
   b) Neck
   c) Eyelids  
   d) Lips

242. A congenital defect wherein the skin is unable to produce melanin is referred to as: 
   a) Chloasma  
   b) Albinism
   c) Hypokeratosis  
   d) Nevus Flameus

243. Hypo(low)-pigmentation of the skin, caused by a decrease in melanocyte activity: 
   a) Hypokeratosis  
   b) Psoriasis
   c) Leucoderma  
   d) Chloasma

244. What is the largest organ of the body? 
   a) Brain  
   b) Heart
   c) Dermis  
   d) Stomach

245. Sebaceous glands are also known as: 
   a) Sweat Glands  
   b) Oil Glands
   c) Apocrine Glands  
   d) Eccrine Glands

246. Sudoriferous glands are also known as: 
   a) Sweat Glands  
   b) Oil Glands
   c) Papillary Glands  
   d) None of the above

247. Irregular shaped patches of skin depigmentation (typically on hands, face, & neck): 
   a) Eczema  
   b) Vitiligo
   c) Chloasma  
   d) Lentignes

248. The sebaceous glands produce: 
   a) Sweat  
   b) Oil
   c) Sweat and oil  
   d) Pheromones

249. The sudoriferous glands produce: 
   a) Sweat  
   b) Oil
   c) Sweat and oil  
   d) Sweat
250. The sudoriferous glands function to:  
   a) Regulate waste  
   b) Regulate temperature  
   c) Provide lubrication for the skin  
   d) Produce pheromones  
   Answer _____  (B)

251. Another name for a birthmark is:  
   a) Vitiligo  
   b) Milia Rubra  
   c) Nevus Flameus  
   d) Miasma  
   Answer _____  (C)

252. An overactive sebaceous gland would produce:  
   a) Excessive sweating  
   b) Especially foul smelling sweat  
   c) Dry skin  
   d) Oily skin  
   Answer _____  (D)

253. The technical name for a blackhead is:  
   a) Milia  
   b) Comedone  
   c) Chloasma  
   d) Osmidrosis  
   Answer _____  (B)

254. Milia are more commonly referred to as:  
   a) White heads  
   b) Black heads  
   c) Carbuncles  
   d) Verrucas  
   Answer _____  (A)

255. A congenital defect such as causes Albinism, is one that:  
   a) You contract  
   b) You are born with  
   c) Develops over time / contact dermatitis  
   d) Is contagious  
   Answer _____  (B)

256. A small, pus filled abscess is referred to as a:  
   a) Weal  
   b) Boil  
   c) Verruca  
   d) Carbuncle  
   Answer _____  (B)

257. The technical name for a “Boil” is a:  
   a) Weal  
   b) Carbuncle  
   c) Furuncle  
   d) Verruca  
   Answer _____  (B)

258. For a waxing procedure to be most successful, the hair should be how long:  
   a) 1/8 - 1/2 inch  
   b) 1/4 - 1/2 inch  
   c) 1/2 - 1 inch  
   d) More than 1 inch  
   Answer _____  (B)

259. Leukoderma refers to:  
   a) White patches on the skin  
   b) Brown patches on the skin  
   c) Scaly red patches on the skin  
   d) Clusters of flat brown irregular skin blotches  
   Answer _____  (A)

260. Often referred to as the “Adam’s Apple”, the actual name for this bone is the  
   a) Clavicle  
   b) Thorax  
   c) Hyoid  
   d) Sternum  
   Answer _____  (C)

261. The name for the protein making up your skin, hair, and nails:  
   a) Leucocytes  
   b) Melanocytes  
   c) Dermis  
   d) Keratin  
   Answer _____  (D)

262. An area of thickened skin:  
   a) Callus / Keratoma  
   b) Chloasma  
   c) Freckles  
   d) Lentigenes  
   Answer _____  (A)

263. A group of brownish spots, without elevation, occurring in one spot is called:  
   a) Neavus Flameus  
   b) Milia Rubra  
   c) Birthmarks  
   d) Chloasma  
   Answer _____  (D)

264. Patchy brown skin discoloration, often the result of hormonal changes/pregnancy:  
   a) Miasma  
   b) Chloasma  
   c) Milia Rubra  
   d) Freckles  
   Answer _____  (B)
265. A swollen lesion usually lasting only a few hours, often caused by an insect bite: Answer _____  (B)
   a) Carbuncle  b) Wheal
   c) Naves Flameus  d) Lesion

266. This is a contagious, pus filled abscess, generally caused by a bacterial infection: Answer _____  (B)
   a) Weal  b) Carbuncle
   c) Verruca  d) Furuncle

267. A comedone extractor would be used to treat: Answer _____  (D)
   a) White-heads  b) Warts
   c) Boils  d) Black-heads

268. This is a temporary hair removal technique producing results similar to waxing: Answer _____  (D)
   a) Shaving  b) Tweezing
   c) Electronic tweezing  d) Sugaring

269. The only permanent hair removal technique: Answer _____  (B)
   a) Laser hair removal  b) Electrolysis
   c) Electronic Tweezing  d) Epilating

270. What type of test should be conducted prior to any waxing or exfoliation procedure? Answer _____  (D)
   a) Elasticity test  b) Porosity test
   c) Strand test  d) Predisposition test

271. If the dermatologist says you have verrucas, you have: Answer _____  (C)
   a) Lesions  b) Wrinkles
   c) Warts  d) Acne pimples

272. Pityriasis Capitis, can result from extreme changes in temperature, as a contact reaction to certain skin and hair care products, or, as an allergic reaction to certain foods; it can be oily or dry - and is commonly known as: Answer _____  (D)
   a) Dermatitis  b) Psoriasis
   c) Lice  d) Dandruff

273. Dandruff, can result from extreme changes in temperature, as a contact reaction to certain skin and hair care products, or, as an allergic reaction to certain foods; it can be oily or dry - and goes by the Latin / medical name of: Answer _____  (B)
   a) Tinea Capitis  b) Pityriasis Capitis
   c) Psoriasis  d) Seborrhea

These questions are placed side-by-side, because they demonstrate how the State Board Examination asks the same question over-and-over, year-after-year, with only a change in the wording. Sometimes, they provide you with a definition and ask you to name the illness/condition. Other times, they provide the Latin name and ask you for its more common name. In each instance, it is the same piece of information provided by your text, but if have “memorized” only one of the possible questions, and not really learned the material, you have an excellent chance of failing the exam. After you answer each question, take a moment and consider how that question could be reworded or turned around. If you were offered a considerable amount of money to re-write the State Board Examination – asking the same questions, but making them sound different – how would you do it? You would probably do something like occurred in questions 272 and 273, and that is exactly what the writers of the State Board Examination do all the time.

274. The epidermis is the: Answer _____  (D)
   a) Fatty layer of the skin (known as Adipose)  b) “True-Skin”
   c) Subcutaneous layer of the skin  d) Top or outermost layer of the skin

275. The study of the microscopic anatomy of plant and animal cells, including their structure and function is known as: Answer _____  (B)
   a) Dermatology  b) Histology
   c) Cosmetology  d) Osteology
276. Responsible for maintaining the bodies internal temperature: Answer _____ (B)
   a) Sebaceous Glands  b) Sudoriferous Glands
   c) Pituitary Glands  d) Mucosum Glands

277. The Integumentary System refers to: Answer _____ (D)
   a) The skin and its appendages  b) The sebaceous & sudoriferous glands
   c) The circulatory system    d) The skin, its appendages, and accessory organs

278. Serve to waterproof, cushion, excrete waste, and regulate the body’s temperature: Answer _____ (A)
   a) The sebaceous & sudoriferous glands  b) The circulatory system
   c) The integumentary system  d) The pulmonary system

279. Exfoliating creams usually have a pH in what range? Answer _____ (D)
   a) 3.5 – 5.5  b) Acid
   c) Neutral  d) Alkaline

280. The pH range of human skin is between: Answer _____ (B)
   a) 3.5 - 4.5  b) 4.5 - 5.5
   c) 5.5 - 6.5  d) 7.5 - 8.5

281. All exfoliation techniques (manual, mechanical, chemical) do essentially the same thing: Answer _____ (B)
   a) Increase circulation  b) Remove skin tissue
   c) Clean the pores  d) Decrease circulation

282. Which governmental agency regulates cosmetics in the United States? Answer _____ (B)
   a) EPA  b) FDA
   c) USPS  d) OSHA

283. Which agency regulates & approves the efficacy of products used for infection control: Answer _____ (A)
   a) EPA  b) FDA
   c) USP  d) OSHA

284. Which governmental agency enforces health and safety standards in the workplace: Answer _____ (D)
   a) EPA  b) FDA
   c) USP  d) OSHA

285. Which of the following agencies is responsible for approval of disinfectant solutions? Answer _____ (D)
   a) Food and Drug Administration  b) Bureau of Barbering and Cosmetology
   c) State Board  d) Environmental Protection Agency

286. The function of the medulla is: Answer _____ (D)
   a) To increase tensile strength of hair
   b) Has no function
   c) Contains the hairs coloring melanin  d) Has no known function

287. If the papilla of the hair is destroyed, what will happen: Answer _____ (B)
   a) Hair will not grow until papilla regenerates
   b) Hair will never grow again
   c) Hair will become “beaded”  d) Hair will turn gray

288. How far can wet hair be safely stretched without causing damage or breakage? Answer _____ (B)
   a) 100%  b) 40 - 50%
   c) 10%  d) 60 - 80%

289. How far can dry hair be safely stretched without causing damage or breakage? Answer _____ (B)
   a) 50%  b) 20%
   c) 100%  d) 10%

290. The term for baldness is: Answer _____ (C)
   a) Alopecia areata  b) Alopecia universalis
   c) Alopecia  d) Alopecia premature
291. The term for baldness in patches, usually the result of illness or injury:  
   a) Alopecia areata  
   b) Alopecia universalis  
   c) Alopecia  
   d) Alopecia premature

Answer _____  (A)

292. All permanent chemical changes to the hair occur in the:  
   a) Cuticle  
   b) Medulla  
   c) Papilla  
   d) Cortex

Answer _____  (D)

293. To cause a permanent changes in the hair, a product must reach what layer?  
   a) The Cuticle  
   b) The Medulla  
   c) The Papilla  
   d) The Cortex

Answer _____  (D)

294. Which of the following terms refers to the hairs “elasticity”  
   a) Texture  
   b) Tensile  
   c) Density  
   d) Porosity

Answer _____  (B)

295. Amphoteric means that a product may react:  
   a) As an acid  
   b) As a base or an alkaline  
   c) As an alkaline  
   d) As an acid or an alkaline

Answer _____  (D)

296. Because hair may react as either an acid or a base, it is considered to be:  
   a) Unpredictable  
   b) Neutral  
   c) Polymorphic  
   d) Amphoteric

Answer _____  (D)

297. The growth pattern of hair is determined in the:  
   a) Papilla  
   b) Root  
   c) Follicle  
   d) Bulb

Answer _____  (C)

298. The term for baldness / hair loss which occurs over the entire body:  
   a) Alopecia areata  
   b) Alopecia universalis  
   c) Alopecia  
   d) Alopecia premature

Answer _____  (B)

299. The study of the hair is called:  
   a) Histology  
   b) Tricology  
   c) Cosmetology  
   d) Podiatry

Answer _____  (B)

300. The amount of moisture the cuticle can absorb is referred to as:  
   a) Elasticity  
   b) Density  
   c) Porosity  
   d) Capilli

Answer _____  (C)

301. Which of the following terms refers to the hairs “strength”:  
   a) Texture  
   b) Tensile  
   c) Density  
   d) Porosity

Answer _____  (B)

302. Porosity refers to:  
   a) How far a piece of dry hair can be stretched  
   b) How far a piece of wet hair can be stretched  
   c) The amount of moisture the hair can absorb  
   d) The tensile strength of hair

Answer _____  (C)

303. To what does the term “Tensile” refer:  
   a) Elasticity / strength  
   b) Texture  
   c) Density  
   d) Porosity

Answer _____  (A)

304. Leucocytes are?  
   a) White spots under the nails  
   b) The Latin term for freckles  
   c) White blood cells  
   d) Red blood cells

Answer _____  (C)

305. The term “Barba” refers to:  
   a) The hair of the beard  
   b) Eyelashes  
   c) The hair of the eyebrows  
   d) Excessive hair growth

Answer _____  (A)
306. Which of the following is the Latin / technical name for a beard?  
   a) Vellus  
   b) Lanugo  
   c) Cilia  
   d) Barba  
Answer _____ (D)

307. Capilli refers to:  
   a) Beard hair  
   b) Vellus hair  
   c) Facial hair  
   d) Scalp hair  
Answer _____ (D)

308. Hair of the scalp is referred to as:  
   a) Barba  
   b) Cilia  
   c) Capilli  
   d) Canities  
Answer _____ (C)

309. Any disease of the hair is called:  
   a) Onychia  
   b) Monilethrix  
   c) Tricology  
   d) Trichosis  
Answer _____ (D)

310. Ringworm of the scalp would be referred to as:  
   a) Tinea capitis  
   b) Tinea pedis  
   c) Tinea rubra  
Answer _____ (C)

311. Ringworm of the feet is referred to as:  
   a) Tinea Pedis  
   b) Athlete’s Feet  
   c) Both A and B  
   d) Tinea Manus  
Answer _____ (C)

312. In a haircut, vertical lines will do all of the following except:  
   a) Add weight  
   b) Remove weight  
   c) Be used with higher elevations  
   d) Be used in graduated or layer cuts  
Answer _____ (A)

313. The structure located at the bottom of the follicle is known as:  
   a) Oil gland  
   b) Sebaceous gland  
   c) Hair Bulb  
   d) Arrector Pili  
Answer _____ (C)

314. Portion of the hair follicle responsible for causing the hair to stand up (goose bumps):  
   a) Oil gland  
   b) Sebaceous gland  
   c) Hair Bulb  
   d) Arrector Pili  
Answer _____ (D)

315. Lanugo hair does not have which of the following?  
   a) Oil gland  
   b) Medulla  
   c) Hair Bulb  
   d) Pigment  
Answer _____ (B)

316. This hair is pigmented, quite fine, and can often be found all over the body:  
   a) Terminal hair  
   b) Lanugo hair  
   c) Barba hair  
   d) Vellus hair  
Answer _____ (B)

317. There are 3 layers / parts of the hair shaft, which is the inner most layer / part?  
   a) Cortex  
   b) Medulla  
   c) Cuticle  
   d) Terminus  
Answer _____ (B)

318. There are 3 layers / parts of the hair shaft, which is the outer most layer / part?  
   a) Cortex  
   b) Medulla  
   c) Cuticle  
   d) Terminus  
Answer _____ (C)

319. There are 3 layers / parts of the hair shaft, which is the middle layer / part?  
   a) Cortex  
   b) Medulla  
   c) Cuticle  
   d) Terminus  
Answer _____ (A)

320. Erythrocytes are?  
   a) White spots under the nails  
   b) The Latin tern for freckles  
   c) White blood cells  
   d) Red blood cells  
Answer _____ (D)
321. In which part / layer of the hair shaft, do all “chemical reactions” occur? Answer _____ (A) 
   a) Cortex 
   b) Medulla 
   c) Cuticle 
   d) Terminus

322. In which part / layer of the hair shaft, do all “permanent changes” occur? Answer _____ (A) 
   a) Cortex 
   b) Medulla 
   c) Cuticle 
   d) Terminus

323. Hair thickness can mean different things to different people, for State Board, which of the following refers to the actual number of hairs on a person’s head: Answer _____ (C) 
   a) Thickness 
   b) Diameter 
   c) Density 
   d) Calibration

324. Which of the following terms refers to the actual size of the hairs on a person’s head: Answer _____ (A) 
   a) Thickness 
   b) Diameter 
   c) Density 
   d) Calibration

325. Texture refers to: Answer _____ (C) 
   a) Porosity 
   b) Thickness 
   c) Diameter 
   d) Elasticity

326. Which two layers of the hair shaft are responsible for the diameter of a hair shaft: Answer _____ (B) 
   a) Medulla & Cuticle 
   b) Medulla & Cortex 
   c) Cortex & Cuticle 
   d) Cuticle & Cortex

327. If the Medulla is absent from an individual’s hair, that person would have: Answer _____ (B) 
   a) Greater diameter 
   b) Lesser diameter 
   c) Greater density 
   d) Lesser density

328. “Diameter” refers to the actual size of each hair, diameter can influence: Answer _____ (A) 
   a) Hair texture 
   b) Hair elasticity 
   c) Hair density 
   d) Hair porosity

329. This hair is unpigmented, quite fine, and can often be found all over the body: Answer _____ (D) 
   a) Terminal hair 
   b) Lanugo hair 
   c) Barba hair 
   d) Vellus hair

330. This hair is thicker, more pigmented, and found on the scalp, face, and extremities: Answer _____ (B) 
   a) Lanugo 
   b) Terminal 
   c) Vellus 
   d) Barba

331. Although similar, Lanugo hair is easily distinguished from Vellus hair because: Answer _____ (D) 
   a) Lanugo hair is only located on the scalp 
   b) Vellus hair is finer 
   c) Lanugo hair is more coarse 
   d) Lanugo hair has pigment

332. What is the technical name for the eye lashes and eye brows? Answer _____ (B) 
   a) Barba & Cilia 
   b) Cilia & Supercilia 
   c) Supercilia & Cilia 
   d) Barba & Super Cilia

333. How many hair follicles does the “average” person have on their head? Answer _____ (A) 
   a) 100,000 
   b) 200,000 
   c) 150,000 – 200,000 
   d) 2,000 per square inch

334. This bone forms the back / rear most portion of the skull: Answer _____ (B) 
   a) Parietal 
   b) Occipital 
   c) Posterior 
   d) Procerus

335. What is the average rate of daily hair loss? Answer _____ (A) 
   a) 50 - 75 hairs per day 
   b) 100 - 150 hairs per day 
   c) 150 - 25 hairs per day 
   d) 25 - 50 hairs per day
336. Contraction of the arrector pili muscle (anger, fear, cold) causes which of the following: Answer _____ (C)
   a) Rapid heart rate
   b) A cold sweat
   c) Elevation of the hair follicle
   d) Shivering

337. Soft, fine, broken hair, that may appear “Beaded”: Answer _____ (B)
   a) Trichorrhexis
   b) Monilethrix
   c) Onychophagy
   d) Onychia

338. The approximate pH of an acid balanced permanent wave is: Answer _____ (B)
   a) 6.9 – 7.2
   b) 4.5 – 7.9
   c) 4.5 – 5.5
   d) 8.2 – 9.6

339. The approximate pH of an acid permanent wave is: Answer _____ (C)
   a) 6.5 – 7.5
   b) 4.5 – 7.9
   c) 4.5 – 6.5
   d) 8.2 – 9.6

340. In the salon industry, the word “Tool” refers to: Answer _____ (A)
   a) A perm rod
   b) Any piece of electrical equipment
   c) A foolish person
   d) Curling and Flat Irons

341. Alkaline permanent waves should be wrapped: Answer _____ (B)
   a) With firm even tension
   b) Without tension
   c) Overdirected
   d) Underdirected

342. Acid permanent waves should be wrapped: Answer _____ (A)
   a) With firm even tension
   b) Without tension
   c) Overdirected
   d) Underdirected

343. A tiny cup-shaped pit buried within the fatty layer of the scalp: Answer _____ (A)
   a) Papilla
   b) Hair Bulb
   c) Follicle
   d) Arrector Pili

344. This is the lowest portion of the hair shaft that fits like a “cap” over the papilla: Answer _____ (B)
   a) Follicle
   b) Hair Bulb
   c) Arrector Pili
   d) Sebaceous Gland

345. Projection of the dermis surrounded by a small “cap” like structure referred to as the: Answer _____ (B)
   a) Arrector Pili
   b) Papilla
   c) Follicle
   d) Bulb

346. Which of the following is not true of the hair bulb: Answer _____ (C)
   a) It is the lowest part of the hair strand
   b) It is a club shaped structure
   c) Determines shape of hair shaft
   d) Covers the dermal papilla

347. This is found at the base (bottom) of the hair follicle: Answer _____ (B)
   a) Hair Bulb
   b) Papilla
   c) Arrector Pili
   d) Sebaceous Gland

348. This muscle causes “Goose Bumps” whenever there is a sudden temperature change: Answer _____ (C)
   a) Zygomaticus major
   b) Procerus
   c) Arrector Pili
   d) Zygomaticus minor

349. Which is not one of the stages in the life of a piece of hair? Answer _____ (C)
   a) Anagen
   b) Catagen
   c) Canities
   d) Telogen

350. The primary growth stage of the hair: Answer _____ (A)
   a) Anagen
   b) Catagen
   c) Canities
   d) Telogen
351. The “Active” growth phase of hair: Answer _____ (A)  
   a) Anagen  
   b) Catagen  
   c) Canities  
   d) Telogen

352. The Anagen, Active, or Primary phase of hair follicle growth is thought to last between: Answer _____ (D)  
   a) 1 - 2 years  
   b) 2 - 4 years  
   c) 4 - 6 years  
   d) 2 - 6 years

353. During the Anagen/Active/Primary growth phase of the follicle, the hair grows: Answer _____ (B)  
   a) ¼” per month  
   b) ½” inch per month  
   c) ¾” per month  
   d) 1” per month

354. This stage / phase is often referred to as the “Transition Stage”: Answer _____ (B)  
   a) Anagen  
   b) Catagen  
   c) Terminal  
   d) Telogen

355. The Catagen State / Stage of hair growth is thought to last approximately how long? Answer _____ (B)  
   a) 1 - 4 weeks  
   b) 2-3 weeks  
   c) 3 - 6 months  
   d) as long as 1 year

356. During this stage of hair growth, a “Club Hair” will be formed? Answer _____ (A)  
   a) Catagen  
   b) Anagen  
   c) Telogen  
   d) Active

357. The formation of this type of hair signals the end of the Catagen stage of hair growth: Answer _____ (B)  
   a) Terminal hair  
   b) Club hair  
   c) Vellus hair  
   d) Lanugo hair

358. Active and Primary are terms associated with what stage of the hairs growth cycle: Answer _____ (A)  
   a) Anagen  
   b) Catagen  
   c) Terminen  
   d) Telogen

359. This phase in the life of a hair shaft is often referred to as the resting phase: Answer _____ (C)  
   a) Catagen  
   b) Dormant  
   c) Telogen  
   d) Anagen

360. The Catagen Stage signals the end of: Answer _____ (B)  
   a) The hair follicles life span  
   b) The active growing stage  
   c) The first stage of hair growth  
   d) The beginning of Terminal hair growth

361. The Telogen State of hair follicle growth lasts approximately how long? Answer _____ (D)  
   a) 1 to 3 months  
   b) 90 days  
   c) 180 days  
   d) 3 to 6 months

362. What is typically the longest phase / stage / state in the hair follicle growth cycle? Answer _____ (A)  
   a) Anagen  
   b) Terminus  
   c) Catagen  
   d) Telogen

363. In the average person, what percent of hair is in the Anagen stage at any given time? Answer _____ (D)  
   a) 50%  
   b) 33.3%  
   c) 75%  
   d) 90%

364. In the average person, in what stage is most of the hair at any given point in time? Answer _____ (A)  
   a) Anagen  
   b) Resting  
   c) Transitional  
   d) Catagen

365. The secondary stage, during which hair growth slows down: Answer _____ (B)  
   a) Anagen  
   b) Catagen  
   c) Canities  
   d) Telogen
366. The Telogen stage / phase is also known as the:
   a) Resting / dormant stage  b) Transitional stage
   c) Active / growth stage  d) Terminal stage
   Answer _____  (A)

367. How much would you expect the hair of an average person to grow within 1 year?
   a) 12 inches  b) 9 inches
   c) 6 inches  d) 3 inches
   Answer _____  (C)

368. Often referred to as the “resting phase / stage” of hair growth:
   a) Anagen  b) Catagen
   c) Canities  d) Telogen
   Answer _____  (D)

O.K. you probably think that was far to many questions on the various stages of hair growth. And yes, it is unlikely the State Board would ask so many questions on one area. However; it does demonstrate how many questions could be formulated from a small area (2 pages in most textbooks), and therefore; why you need to “Know” the material and not “memorize” preset questions. Knowing these terms will help insure you pass your State Board Examination.

369. You cut a client’s hair in January, 6 months later they return requesting you cut the hair to the same length as in January; how many inches should you remove?
   a) 6 inch  b) 2 inches
   c) 3 inches  d) 1 inch
   Answer _____  (C)

370. Shaving is an example of cutting or removing the hair at the level of the skin, what is the term used for this type of hair removal?
   a) Electrolysis  b) Depilation
   c) Tripicia  d) Hirsutism
   Answer _____  (B)

371. Short, fine, soft hair with pigment:
   a) Lanugo  b) Barba
   c) Terminal  d) Capilli
   Answer _____  (A)

372. Short, fine, light colored/unpigmented hair, often observed on women and children:
   a) Vellus  b) Lanugo
   c) Barba  d) Terminal
   Answer _____  (A)

373. Extremely curly hair tends to grow:
   a) Faster than the typical ½ per month  b) Approximately ½ inch per month
   c) Somewhat slower than the ½ norm  d) Approximately ¼ inch per month
   Answer _____  (C)

374. Short hairs, 1 to 2 centimeters in length, containing little or no pigment:
   a) Lanugo  b) Vellus
   c) Barba  d) Terminal
   Answer _____  (B)

375. Canities is another name for:
   a) Red hair  b) Gray hair
   c) Black hair  d) Curly hair
   Answer _____  (B)

376. This short, fine, pigmented hair is often observed on premature babies:
   a) Terminal  b) Vellus
   c) Lanugo  d) Canities
   Answer _____  (C)

377. Normal wet hair can be stretched ____% of its length without damage or breakage:
   a) 10 %  b) 20 %
   c) Depends if the hair is curly or straight  d) 40 – 50 %
   Answer _____  (D)

378. Normal dry hair can be stretched ____% of its length without damage or breakage:
   a) 10 %  b) 20 %
   c) Depends if the hair is curly or straight  d) 40 – 50 %
   Answer _____  (B)
379. The hair follicle determines the hairs:  
   a) Shape, direction, and texture  
   b) Shape, size, and density  
   c) Shape, size, and color  
   d) Shape, size, and direction of growth  

Answer _____  (D)

380. Which croquignole curl (roller set / curling iron) creates the least movement in the hair?  
   a) Full stem  
   b) Half stem  
   c) Off base  
   d) No stem / On base  

Answer _____  (D)

381. Which of the following terms is not part of pin curl?  
   a) Base  
   b) Strand  
   c) Stem  
   d) Arc  

Answer _____  (B)

382. If the stylist is attempting to create finger waves and the comb does not penetrate to the scalp to make certain the hair at the scalp is moving, the result will be:  
   a) No wave  
   b) A weak wave  
   c) A strong wave  
   d) An uneven wave  

Answer _____  (B)

383. The most important factor in achieving a strong finger wave is:  
   a) Being certain only the top hair is moving  
   b) Having the correct styling tools  
   c) Be certain the hair at the scalp is moving  
   d) All of the above  

Answer _____  (C)

384. A hair set hair using alternating rows of pin-curls & finger waves is referred to as:  
   a) Cascading Waves  
   b) Waterfall Waves  
   c) Skip Waves  
   d) C Shaping’s  

Answer _____  (C)

385. What is the effect of “On-Base” or “No-Stem” placement on the hair?  
   a) Less volume, more movement  
   b) More volume, less movement  
   c) Medium volume, medium movement  
   d) Less curl, more wave  

Answer _____  (B)

386. Which type of placement creates the greatest degree of movement or softness?  
   a) Full stem / off base  
   b) No stem / on base  
   c) All pin-curls create firm curls & movement  
   d)½ stem / ½ off base  

Answer _____  (A)

387. What base type is best used for Barrel Curls?  
   a) Triangular  
   b) Rectangular  
   c) Square  
   d) Round  

Answer _____  (B)

388. Which type of placement creates the least degree of movement or softness?  
   a) Full stem / off base  
   b) No stem / on base  
   c) All pin-curls create firm curls & movement  
   d)½ stem / ½ off base  

Answer _____  (B)

389. What is the effect of “Off-Base” placement on the hair?  
   a) Less volume  
   b) More volume  
   c) Medium volume  
   d) More curl  

Answer _____  (A)

390. What is the effect of “Half Off-Base” placement on the hair?  
   a) Less volume  
   b) More volume  
   c) Medium volume  
   d) More curl  

Answer _____  (C)

391. When a roller is placed half off-base, it is done to achieve:  
   a) Less volume  
   b) More volume  
   c) Medium volume  
   d) More curl  

Answer _____  (C)

392. What is the best method to handle your shears if you stop cutting momentarily?  
   a) Place them, closed, on your station  
   b) Palm them, closed, facing the client  
   c) Palm them, open, facing the stylist  
   d) Palm them, closed, facing the stylist  

Answer _____  (D)

393. A pin-curl is made up of which of the following:  
   a) Stem, base, and ridge  
   b) Stem, base, and circle  
   c) Stem, base, and curl  
   d) Stem, base, and closed end  

Answer _____  (B)
394. A “no stem” pin-curl, or an “on base” roller set, creates:   
   a) Tight, firm, long lasting curl   
   b) Maximum movement   
   c) Loose curls   
   d) Deep waved ridges   
   Answer _____ (A)

395. To create a tight, firm, long lasting curl, use:   
   a) No stem curls   
   b) Half stem curls   
   c) Full stem curls   
   d) Off base curls   
   Answer _____ (A)

396. To create a tight, firm, long lasting curl, use:   
   a) On base curls   
   b) Half off base   
   c) Ridge direction   
   d) Off base   
   Answer _____ (A)

397. A No-Stem curl, would be the equivalent of a / an:   
   a) On base curl   
   b) Half off base curl   
   c) Off base curl   
   d) Skip wave   
   Answer _____ (A)

398. Which of the following is the most correct:   
   a) On base = No stem   
   b) Half off base = Half stem   
   c) Off base = Full stem   
   d) All of the above are correct   
   Answer _____ (D)

399. To place your curl directly on-base and produce a tight, long lasting curl, you would use:   
   a) Full stem   
   b) Half stem   
   c) No stem   
   d) Over direction   
   Answer _____ (D)

400. Which of the following would create the firmest curl with the strongest wave pattern:   
   a) No stem / On base   
   b) Half stem / Half off base   
   c) Full stem / Off base   
   d) Skip wave   
   Answer _____ (A)

401. A pin-curl will receive both its direction and mobility from its:   
   a) Base   
   b) Arc   
   c) Stem   
   d) All of the above   
   Answer _____ (C)

402. Which of the following would create a curl with the weakest/loosest wave pattern:   
   a) No stem / On base   
   b) Half stem / Half off base   
   c) Full stem / Off base   
   d) Skip wave   
   Answer _____ (C)

403. If the client seeks loose curls or waves with the greatest movement or mobility, use:   
   a) On base or no stem curls   
   b) ½ off base or half stem curls   
   c) Off base or full stem curls   
   d) Off base or no stem curls   
   Answer _____ (C)

404. Which placement would create a strong curl pattern, with looseness in the finished set:   
   a) No stem / On base   
   b) Half stem / Half off base   
   c) Full stem / Off Base   
   d) Skip wave   
   Answer _____ (B)

405. When you have combinations of pin-curls and finger waves, this pattern is referred to as:   
   a) Finger Waves   
   b) Marie Antoinette Waves   
   c) Cascade Waves   
   d) Skip Waves   
   Answer _____ (D)

406. If the stem direction is going towards the client’s face, it is referred to as:   
   a) Backward movement   
   b) Forward movement   
   c) Skip Waves   
   d) Cascade curls   
   Answer _____ (B)

407. Oxidation occurs during which of the following periods:   
   a) Processing   
   b) Oxidative   
   c) Neutralization   
   d) Reduction   
   Answer _____ (C)

408. For maximum volume, use:   
   a) Barrel curls, off base   
   b) Half base, half stem   
   c) Off base, full stem   
   d) On base, no stem   
   Answer _____ (D)
409. Stand up pin-curls are often referred to as: Answer _____ (B)
   a) Off base curls  
   b) Barrel curls  
   c) Cascade curls  
   d) Waterfall curls

410. In a roller-set, the part of the hair/curl closest to the head is referred to as the: Answer _____ (B)
   a) Open end  
   b) Closed end  
   c) Curl direction  
   d) Wave ridge

411. When doing a roller (wet) set, what should be the width of the parting? Answer _____ (D)
   a) ½ inch smaller than the roller  
   b) ½ inch wider than the roller  
   c) ¾ inch smaller than the roller  
   d) Same size as the roller

412. In a wet set, which of the following placements would result in the least volume? Answer _____ (B)
   a) ½ stem  
   b) Off base  
   c) On base  
   d) Full stem

413. In a pin-curl set, which of the following placements creates maximum volume? Answer _____ (A)
   a) No stem  
   b) Off base  
   c) On base  
   d) Full stem

414. Which of the following takes longer to rinse from your client’s hair: Answer _____ (D)
   a) Ammonium thioglycolate perm  
   b) Alkaline perm  
   c) Acid balanced perm  
   d) Acid perm

415. Which permanent wave will cause the least swelling /opening of the cuticle: Answer _____ (A)
   a) Acid Wave  
   b) Cold Wave  
   c) Ammonium Thioglycolate Wave  
   d) Acid Balanced Wave

416. Triangular shaped bases in a pin-curl set can be used to: Answer _____ (B)
   a) Avoid excessive volume  
   b) Avoid any splits in the dried style  
   c) Create maximum volume  
   d) Create a crisper/firmer curl

417. Which of the following takes the least time to rinse from your client's hair: Answer _____ (A)
   a) Ammonium thioglycolate perm  
   b) Acid perm  
   c) Acid balanced perm  
   d) Both B and C

418. During which period in the permanent wave process does oxidation occur? Answer _____ (A)
   a) Neutralizing  
   b) Processing  
   c) Rinsing  
   d) All of the above

419. Reduction occurs during which of the following periods: Answer _____ (A)
   a) Processing  
   b) Oxidative  
   c) Neutralization  
   d) Reduction

420. During which period in the permanent wave process does oxidation occur? Answer _____ (D)
   a) Neutralizing  
   b) Processing  
   c) Rebonding  
   d) Both A and C

421. Curling the hair from the scalp to the ends is referred to as: Answer _____ (D)
   a) Croquignole  
   b) Cascade  
   c) Waterfall  
   d) Spiral

422. In a permanent wave, the diameter of the rod will determine the: Answer _____ (D)
   a) Number or rods to be used  
   b) Number of rods needed  
   c) Processing time  
   d) Size of the curl

423. Which of the following would likely need to be melted prior to use: Answer _____ (C)
   a) Clay  
   b) Mud  
   c) Wax  
   d) None of the above
424. In hair coloring, the word “Complimentary”, means the same as: Answer______ (A)
   a) Opposite                                                  b) Similar
   c) Two colors that look good together                        d) Colors that do not look good together

425. What is 20 volume hydrogen peroxide equivalent to? Answer______ (B)
   a) 3 %                                                      b) 6 %
   c) 9 %                                                      d) 12 %

426. What is 40 volume hydrogen peroxide equivalent to? Answer______ (D)
   a) 3 %                                                      b) 6 %
   c) 9 %                                                      d) 12 %

427. What is the “Complimentary” color for yellow? Answer______ (B)
   a) Blue                                                    b) Violet
   c) Green                                                   d) Orange

428. What color neutralizes yellow when tinting? Answer______ (B)
   a) Blue                                                    b) Violet
   c) Green                                                   d) Orange

429. What is the opposite color to yellow? Answer______ (B)
   a) Blue                                                    b) Violet
   c) Green                                                   d) Orange

430. A client’s hair has been lightened to a shade of pale yellow, they want to see no warmth in the hair, you should use a toner with what base color? Answer______ (B)
   a) Blue                                                    b) Violet
   c) Green                                                   d) Orange

431 If you wanted NO lift, and deposit only, which strength of H2O2 would you use? Answer______ (C)
   a) 20 volume                                                b) 15 volume
   c) 5 volume                                                 d) 30 volume

432. Over oxidation, in any chemical process, may result in: Answer______ (C)
   a) Under processing                                        b) Uneven color or curl
   c) Hair breakage                                           d) None of the above

433. An acid rinse may be used to achieve all the following except: Answer______ (D)
   a) Close the cuticle                                        b) Remove built up soap scum from the hair
   c) Increase shine                                          d) Open the cuticle

434. Which of the following would you use to achieve maximum lift in a one-process color: Answer______ (D)
   a) 3 % or 10 volume                                         b) 6 % or 20 volume
   c) 9 % or 30 volume                                         d) 12 % or 40 volume

435. Approximately how long will a bleach mixture last before losing its potency: Answer______ (C)
   a) As long as it does not dry out                          b) 1 hour
   c) 2 hours                                                 d) 4 hours

436. What is the “Complimentary” color for Red? Answer______ (C)
   a) Orange                                                  b) Violet
   c) Green                                                   d) Blue

437. What is the “Opposite” color for Red? Answer______ (D)
   a) Blue                                                    b) Violet
   c) Orange                                                  d) Green

438. If a stylist wants to remove tint / artificial color, they should use: Answer______ (B)
   a) Bleach                                                  b) Dye solvent
   c) Deposit only H2O2                                       d) 20 volume H2O2 or above
439. The coloring material of the hair is known as:  Answer _____ (B)
   a) Pigment                                  b) Melanin
   c) Ptygerium                               d) Orthocytes

440. Highlighting shampoo is made by the addition of ammonia water and H2O2 to:  Answer _____ (C)
   a) Shampoo                                 b) Henna
   c) Temporary colors                        d) Demi-permanent colors

441. The layer of the hair in which melanin will be found:  Answer _____ (D)
   a) Cuticle                                 b) Papilla
   c) Medulla                                 d) Cortex

442. Which type of colors contain pastel shades?  Answer _____ (C)
   a) Demi-permanent tones levels 1 – 5       b) Hennas
   c) Toners                                  d) Demi-permanent colors levels 6 - 10

443. What color could be used to neutralize a green cast in the hair?  Answer _____ (D)
   a) Blue                                    b) Violet
   c) Green                                   d) Red

444. White hair is discolored with yellow streaks, apply _____ to camouflage the yellow.  Answer _____ (C)
   a) A red rinse                             b) A yellow rinse
   c) A bluing rinse                           d) A green rinse

445. Client has white hair discolored with yellow streaks, apply _____ to correct the yellow. Answer _____ (A)
   a) A violet toner                          b) A yellow toner
   c) A bluing rinse                           d) A green toner

446. Aniline derivative tints are derived from:  Answer _____ (D)
   a) Carbon based, inorganic matter         b) Synthetic materials
   c) Vegetable byproducts                   d) Coal tar

447. Which one of the following services would likely not require a Predisposition Test:  Answer _____ (B)
   a) Tint back                               b) Cream decolorization
   c) Tint touch-up                           d) High lift tint

448. High lift colors often use double peroxide, what does this mean when mixing a tint?  Answer _____ (D)
   a) Twice as much tint as peroxide          b) Double processing
   c) Equal amounts of peroxide and tint      d) Twice as much H2O2 as aniline derivative

449. Which one of the following is not one of the primary colors?  Answer _____ (B)
   a) Yellow                                  b) Orange
   c) Red                                     d) Blue

450. Which of the following is not a secondary color?  Answer _____ (D)
   a) Orange                                  b) Green
   c) Purple                                  d) Blue

451. Which of the following choices correctly identifies the 3 primary colors?  Answer _____ (C)
   a) Red, White & Blue                       b) Red, Yellow & Green
   c) Red, Yellow & Blue                      d) Green, Orange & Violet

452. A client has lightened his / her hair to an odd shade of orange. They are unhappy with it. What color should you use to tone the orange from the hair?  Answer _____ (B)
   a) Green                                   b) Blue
   c) Violet                                  d) More orange, like attracts like

453. A client’s hair is 70% - 80% gray and wants it tinted to its original color. Choose:  Answer _____ (C)
   a) One shade lighter than original color   b) Same shade as original color
   c) One shade darker than original color    d) Two shades darker than original color
454. Stylist puts blue based toner on hair lightened to pale yellow, what is the result?   Answer _____  (C)
   a) Neutral light blonde                        b) Light blue
   c) Green                                        d) None of the above

455. Aniline derivative tints belong to the family of:   Answer _____  (D)
   a) Vegetable dyes                           b) Non-metallic salt dyes
   c) Hennas                                        d) Penetrating dyes

456. Blue and yellow are primary colors, when mixed equally, they make: Answer _____  (C)
   a) Dark blue                                b) Orange
   c) Green                                        d) Light blue

457. You have lightened your client’s medium brown hair to lightest pale yellow, what toner should you apply to achieve a neutral/platinum blonde shade?   Answer _____  (B)
   a) Blue                                            b) Violet
   c) Green                                         d) Red

458. If you lightened your client’s medium brown hair to lightest pale yellow, and you apply a blue based toner, what will be the result? Answer _____  (C)
   a) Light Blue                                        b) Light Violet
   c) Light Green                                        d) Light Red

459. What is the darkest pigment color? Answer _____  (B)
   a) Brown                                          b) Blue
   c) Black                                           d) Red

460. The Law of Color suggests you would use which of the following to darken a color?   Answer _____  (B)
   a) Violet                                           b) Blue
   c) Green                                           d) Black

461. When applied to white or very light gray hair, Hennas will produce what color:   Answer _____  (C)
   a) Light brown                                 b) Dark brown
   c) Orange                                        d) Red

462. If a client wants a perm and color, what would be the recommended order:   Answer _____  (A)
   a) Perm then color                                 b) Color then perm
   c) One or the other, but not both              d) Color today and perm another day

463. Hair with a hard / closed / compact cuticle layer is: Answer _____  (A)
   a) Resistant and non-porous                b) Resistant and porous
   c) Porous and easy to work with          d) Porous and difficult to work with

464. How far in advance must a Predisposition Test, a Patch Test, or a Strand Test, be given? Answer _____  (C)
   a) 1 - 24 hours                                b) 5 - 7 minutes
   c) 24 - 48 hours                              d) At least 48 hours in advance

465. Which one of the following colors would not require a Predisposition Test: Answer _____  (A)
   a) Certified color                          b) Demi-permanent color
   c) Semi-permanent color                  d) Permanent color

466. When tinting, Blue, Green, and Violet are classified as: Answer _____  (B)
   a) Warm colors / tones                             b) Cool colors / tones
   c) Complimentary colors / tones               d) Secondary colors / tones

467. When tinting, Red, Orange, and Yellow are classified as: Answer _____  (A)
   a) Warm colors / tones                             b) Cool colors / tones
   c) Complimentary colors / tones               d) Secondary colors / tones
468. Which of the following is correct in terms of lasting on the hair (shortest to longest): Answer ____ (C)
   a) Temporary, permanent, semi-permanent, demi-permanent
   b) Temporary, demi-permanent, semi-permanent, permanent
   c) Temporary, semi-permanent, demi-permanent, permanent
   d) Temporary, permanent, demi-permanent, semi-permanent

469. Toners are: Answer ____ (B)
   a) Aniline tints in bright, vivid colors
   b) Aniline derivative tints in pale, delicate shades
   c) Aniline tints between levels 5 and 10
   d) Aniline derivative tints between levels 8 and 10

470. What coloring effect would the use of Chamomile produce on very light hair? Answer ____ (B)
   a) Light cool violet tone
   b) Pale, yellow blonde tone
   c) Light ash tone
   d) Red

471. If the client has 80% gray hair, which of the following is best for maximum coverage? Answer ____ (C)
   a) Demi-permanent color
   b) Semi-permanent color
   c) Permanent color
   d) Temporary

472. Why would the stylist use a filler on bleached or highly lightened hair? Answer ____ (C)
   a) To increase its porosity
   b) To decrease its porosity
   c) To even out its porosity
   d) To avoid damage to hair shaft

473. Colors with no warmth (red, orange, or yellow) are considered: Answer ____ (B)
   a) Best for older clients
   b) Cool shades
   c) Unflattering shades
   d) Warm shades

474. In hair coloring, the expression “double process” refers to: Answer ____ (B)
   a) Tinting twice
   b) Bleach and Tone
   c) Bleaching twice
   d) Bleach and Tint

475. Returning the color to its original shade, whether lighter or darker, is known as: Answer ____ (D)
   a) Color filler
   b) Color blocking
   c) Color correction
   d) Tint back

476. Any product designed to remove artificial color from the hair is known as: Answer ____ (B)
   a) Decolorizers
   b) Dye solvent
   c) Bleached
   d) Peroxide

477. An oxidative tint is best mixed in a container made from: Answer ____ (A)
   a) Glass / plastic
   b) Stainless steel
   c) Wood
   d) Metal

478. The angle/degree at which you hold the hair out from the scalp prior to cutting: Answer ____ (A)
   a) Elevation
   b) Graduation
   c) Weight line
   d) Demarcation

479. Slithering / effilating refers to the technique of decreasing bulk by: Answer ____ (D)
   a) Point Cutting
   b) Thinning the hair
   c) Opening & partially closing shears up & down the hair shaft
   d) Both B and C

480. Extremely resistant canities hair may require the stylist to use: Answer ____ (A)
   a) A pre-softener
   b) A pre-lightener
   c) A lighter shade than desired
   d) A darker shade than desired

481. Para-phenylene-diamee colors are generally used for: Answer ____ (D)
   a) Fabrics
   b) Furs
   c) Leather
   d) Hair
482. It is generally not allowable for the stylist to color a client’s cilia; however, if you decide to do so, which of the following products should you not use? Answer _____ (B)
   a) Professional Lash & Brow tint b) Aniline derivative tints
c) Mascara d) Eye shadow

483. If your client has predominantly gray hair (canities), and they show you the color they would like on a color chart, what should you do / use? Answer _____ (D)
   a) A low volume of peroxide for deposit only b) High volume H2O2 on the resistant gray hair
c) Choose a color one shade lighter than shown d) Choose a color one shade darker than shown

484. What effect do Acids have on the hair’s cuticle layer? Answer _____ (C)
   a) Soften and swell b) Soften and shrink
c) Harden and shrink d) Harden and swell

485. What is the purpose of pre-softening before the application of a one step color: Answer _____ (B)
   a) Open the pores b) Open the cuticle
c) Speed up processing time d) Achieve a more even tone

486. What is the purpose of pre-softening before the application of a bleach application: Answer _____ (B)
   a) Open the pores b) Increase porosity
c) Speed up processing time d) Achieve a more even tone

487. Hair with an open cuticle layer is: Answer _____ (D)
   a) Usually straight b) Less porous
c) Porosity remains unchanged d) More porous

488. Most soap is usually: Answer _____ (B)
   a) Neutral b) Alkaline
c) Acid d) None of the above

489. Most shampoo is usually: Answer _____ (B)
   a) Neutral b) Alkaline
c) Acid d) None of the above

490. Most “60 second” rinses are _____ to counteract the _____ pH of most shampoos: Answer _____ (A)
   a) Acid, alkaline b) Alkaline, acid
c) Neutral, acid d) Neutral, alkaline

491. A mild acid rinse, such as vinegar, can be used to: Answer _____ (D)
   a) Close the cuticle b) Increase shine
c) Remove built up soap / shampoo scum d) All of the above

492. How does good porosity of hair (an open cuticle) effect processing times: Answer _____ (B)
   a) Usually lengthens them b) Usually shortens them
c) Usually they remain unchanged d) Usually provides better elasticity

493. What effect does Alkaline have on the hair’s cuticle layer? Answer _____ (A)
   a) Soften and swell b) Soften and shrink
c) Harden and shrink d) Harden and swell

494. What type of rinse would be a bad choice just prior to applying a temporary color: Answer _____ (D)
   a) Conditioning rinse b) Volumizing rinse
c) Alkaline rinse d) Acid rinse

495. Which of the following hydrogen peroxide strengths is deposit only? Answer _____ (A)
   a) 10 volume b) 20 volume
c) 30 volume d) 40 volume
496. Which of the following hydrogen peroxide strengths is deposit only?  
   Answer _____  (C)
   a) 12 %  
   b) 6 %  
   c) 3 %  
   d) 9 %

497. If your Predisposition Test shows negative results, what should be done?  
   Answer _____  (A)
   a) Proceed with service  
   b) Refuse service  
   c) User a weaker peroxide strength  
   d) Recommend another service

498. If your Predisposition Test shows positive results, what should be done?  
   Answer _____  (B)
   a) Proceed with service  
   b) Refuse service  
   c) User a weaker peroxide strength  
   d) Recommend another service

499. When performing a virgin bleach or high-lift color, why does the hair closest to the scalp process more quickly?  
   Answer _____  (D)
   a) It is newer hair  
   b) It is younger hair and it is more porous  
   c) It is shorter hair  
   d) Heat from the scalp speeds lightening

500. What would you use to remove old, very dark tint?  
   Answer _____  (B)
   a) High lift tint  
   b) Dye solvent  
   c) Bleach  
   d) 40 volume cream hydrogen peroxide

501. Why are high lift tints and bleach applied away from the scalp in a virgin lightening?  
   Answer _____  (A)
   a) To achieve even porosity and color  
   b) To achieve the lightest possible color  
   c) To maintain elasticity  
   d) To maintain client comfort

502. Why is the product initially applied away from the scalp in a virgin bleach / high-lift tint?  
   Answer _____  (D)
   a) The scalp will process faster  
   b) To achieve even lightening  
   c) To avoid possible scalp burns  
   d) All of the above

503. The minimum sub-partings in a bleach application are:  
   Answer _____  (B)
   a) 1/16 inch  
   b) 1/8 inch  
   c) 1/4 inch  
   d) ½ inch

504. When applying a high lift-high volume virgin tint on the hair, begin the application:  
   Answer _____  (A)
   a) Away from the scalp through the ends  
   b) Away from the scalp and up to the ends  
   c) From the scalp through the ends  
   d) Away from the scalp and ½ inch from ends

505. When applying a virgin bleach on the hair, begin the application:  
   Answer _____  (A)
   a) Away from the scalp through the ends  
   b) Away from the scalp and up to the ends  
   c) From the scalp through the ends  
   d) Away from the scalp and ½ inch from ends

506. In which layer of the hair do all permanent chemical reactions occur?  
   Answer _____  (D)
   a) Cuticle  
   b) Medulla  
   c) Papilla  
   d) Cortex

507. Which of the following colors will not penetrate the cortex?  
   Answer _____  (C)
   a) Semi-permanent  
   b) Demi-permanent  
   c) Temporary  
   d) Permanent

508. Another term sometimes used for Bleach is:  
   Answer _____  (B)
   a) High lift  
   b) Decolorizer  
   c) Toner  
   d) Solvent

509. When decolorizing hair, strand tests are performed to test for:  
   Answer _____  (D)
   a) Porosity  
   b) Elasticity  
   c) Decolorization  
   d) Both B and C

510. What liquid could you use to reduce the strength of Hydrogen Peroxide?  
   Answer _____  (C)
   a) Tap water  
   b) Spring water  
   c) Distilled water  
   d) Conditioner
511. When doing a “tint-back” from a lighter color, which of the following should be used:  Answer _____  (B)
   a) Darker tint   b) Filler
   c) Lighter tint   d) Dye solvent

512. When testing for the presence of metallic dyes / salts in the hair, you should place a stand of the hair in which of the following solutions:  Answer _____  (B)
   a) 30 v. H2O2, 30 drops ammonia, 30 minutes   b) 20 v. H2O2, 20 drops ammonia, 30 minutes
   c) ½ ammonia and ½ water, 30 minutes   d) 20 volume H2O2, 45 minutes

513. Which of the following will decolorize the fastest?  Answer _____  (D)
   a) Coarse, dense hair   b) Coarse, thick, light hair
   c) Soft, fine, dark hair   d) Soft, fine, light hair

514. When using a higher volume H2O2 than manufacturer recommends, what is likely?  Answer _____  (A)
   a) Burning of client’s scalp   b) Faster processing
   c) Lower lifting than anticipated   d) Higher lifting than anticipated

515. Although anyone may decide an allergy, patch or predisposition test might be a good idea, which agency is responsible for “Ordering” that these types of tests be administered:  Answer _____  (D)
   a) The state government   b) The State Board of Cosmetology
   c) Salon management   d) None of the above

516. A tone lacking warm pigment may be referred to as all of the following except:  Answer _____  (D)
   a) Ash tones   b) Smokey tones
   c) Drab tones   d) Silvery tones

517. A strand test reveals too much orange in the hair, what would not correct this:  Answer _____  (D)
   a) Add a cool tone   b) Add a drabber
   c) Add a smoky tone   d) Add a warm toner

518. A strand test reveals too much yellow in the hair, what would correct this:  Answer _____  (C)
   a) Add a blue drabber   b) Add a green toner
   c) Add a violet toner   d) Add a warm toner

519. A strand test reveals a greenish cast in the hair, all of the following are incorrect except:  Answer _____  (D)
   a) Adding a cool tone   b) Adding a drabber
   c) Adding a smoky tone   d) Adding a warm toner

520. The normal pH of human hair, skin, and nails is:  Answer _____  (A)
   a) 4.5 - 5.5   b) 5.5 - 6.5
   c) 2.5 - 3.5   d) 5.0 - 5.5

521. After the removal of perm solution, relaxer, bleach, or aniline tints, hair is in what state:  Answer _____  (D)
   a) Acid   b) Alkaline
   c) Base   d) Both B and C

522. The best way to be certain how a color will appear on a client’s hair, is to conduct a / an:  Answer _____  (B)
   a) Experimental test   b) Strand test
   c) Predisposition test   d) Color hold test

523. The best way to determine how a client’s hair, skin, or nails will react to a certain product is to conduct any or all of the following except:  Answer _____  (A)
   a) Allergy Test   b) Patch Test
   c) Predisposition Test   d) P.D. Test

524. If the client’s skin becomes inflamed after a Patch Test is given, this result is said to be:  Answer _____  (A)
   a) Positive   b) Negative
   c) Neutral   d) Contra-indicated
525. If a positive result is observed, including inflamed skin, this is a condition known as:  
a) Dermatitis verruca  
b) Dermatitis rubra  
c) Dermatitis vitiligo  
d) Dermatitis venenata  
Answer _____  (D)

526. The application of a virgin tint going lighter, should begin:  
a) Where the hair is the lightest  
b) At the crown of the head  
c) Around the hairline  
d) Where the hair is the darkest  
Answer _____  (D)

527. This act / law requires a P.D. Test prior to the application of aniline derivative tints:  
a) Cosmetology and Cosmetics Act (1976)  
b) Cosmetics and Chemistry Act of 1978  
c) U.S. Food, Drug, and Cosmetic Act  
d) U.S. Federal Food, Drug, and Cosmetic Act  
Answer _____  (D)

528. Which governmental agency mandates the use of a P.D. Test prior to using aniline tints:  
a) EPA  
b) OMB  
c) FDA  
d) OSHA  
Answer _____  (C)

529. An example of a progressive hair dye is:  
a) Aniline derivative tint  
b) Demi-permanent colors  
c) Metallic dyes  
d) Color rinses  
Answer _____  (C)

530. ____________ leave the hair unfit for further chemical services:  
a) Metallic dyes  
b) Demi-permanent colors  
c) Aniline derivative tints  
d) Color rinses  
Answer _____  (A)

531. Certified colors are:  
a) Temporary products  
b) Aniline derivative tints  
c) Metallic salts  
d) Permanent colors  
Answer _____  (A)

532. The application of a virgin tint going darker, should begin:  
a) Where the hair is the lightest  
b) At the crown of the head  
c) Around the hairline  
d) Where the hair is the darkest  
Answer _____  (A)

533. If your client has almost entirely gray hair and wants to darken it to its original color, where should you begin to apply the product?  
a) Nape  
b) Crown  
c) Sides  
d) Front  
Answer _____  (D)

534. The simplest way to correct a greenish cast in blonde hair would be with:  
a) Orange  
b) Red  
c) Green  
d) Yellow  
Answer _____  (B)

535. The terms, ash, smoky, and drab are used interchangeably and regard what color base/s?  
a) Red or green  
b) Yellow orange, or violet  
c) Orange or blue  
d) Green, blue, or violet  
Answer _____  (D)

536. Henna is an example of what type of tint?  
a) Metallic  
b) Permanent  
c) Aniline  
d) Vegetable  
Answer _____  (D)

537. Aniline derivative tints may safely be applied if the P.D. test was:  
a) Positive and at least 24 hours old  
b) Positive and at least 5 - 7 minutes old  
c) Negative and at least 72 hours old  
d) Negative and between 24 & 48 hours old  
Answer _____  (D)

538. A compound dye, is generally made by combining metallic salts with:  
a) Progressive dyes  
b) Permanent dyes  
c) Semi-permanent dyes  
d) Vegetable dyes  
Answer _____  (D)

539. Aniline derivative tints are also known as:  
a) Metallic dyes / tints  
b) Henna  
c) Penetrating dyes  
d) Non-penetrating dyes  
Answer _____  (C)
540. A yellowish cast in hair could be camouflaged by using a:  
   a) Vinegar rinse  b) Bluing rinse  
   c) Alkaline rinse  d) Cream rinse  
   Answer _____  (B)

541. A synthetic organic compound derived from coal tar used to give color to hair dye:  
   a) Paratoluenediamine  b) Para-tourmaline-diamine  
   c) Para-phenylene-diamine  d) Henna  
   Answer _____  (C)

542. Certified colors are most often found in:  
   a) Aniline derivative tints  b) Temporary colors  
   c) Color rinses & mousses  d) Both B and C  
   Answer _____  (D)

543. Aniline derivative tints are also known as:  
   a) Progressive tints  b) Deposit only tints  
   c) Oxidative tints  d) Vegetable tints  
   Answer _____  (C)

544. Builds up and coats the cuticle, with repeated applications makes the hair darker:  
   a) Aniline derivative tint  b) Semi-permanent tint  
   c) Progressive dye / tint  d) None of the above  
   Answer _____  (C)

545. What is the action of a semi or demi-permanent color on the hair?  
   a) Lift artificial pigment  b) Lift natural pigment  
   c) Lift and deposit pigment  d) Deposit pigment  
   Answer _____  (D)

546. What is the action of an aniline derivative tint color (w/ appropriate H2O2) on the hair?  
   a) Lift artificial pigment  b) Lift natural pigment  
   c) Lift and deposit pigment  d) Deposit pigment  
   Answer _____  (C)

547. What is the action of a high lift color (w/ appropriate developer) on the hair?  
   a) Lift artificial pigment  b) Lift natural pigment  
   c) Lift and deposit pigment  d) Deposit pigment  
   Answer _____  (C)

548. What is the action of a bleach (w/ appropriate developer) on the hair?  
   a) Lift artificial pigment  b) Lift natural pigment  
   c) Lift and deposit pigment  d) Deposit pigment  
   Answer _____  (B)

549. What is the action of a dye solvent (w/ appropriate developer) on the hair?  
   a) Lift artificial pigment  b) Lift natural pigment  
   c) Lift and deposit pigment  d) Deposit pigment  
   Answer _____  (A)

550. What is the action of a deposit only color (w/ appropriate developer) on the hair?  
   a) Lift artificial pigment  b) Lift natural pigment  
   c) Lift and deposit pigment  d) Deposit pigment  
   Answer _____  (D)

551. The agent that begins any chemical reaction is known as:  
   a) A developer  b) A catalyst  
   c) A protinator  d) A protagonist  
   Answer _____  (B)

552. When rinsing a decolorizer from the hair, the stylist should use cool water:  
   a) To open cuticle and remove all product  b) Avoid scalp irritation  
   c) To avoid tangling  d) Helps to close cuticle and adds shine  
   Answer _____  (C)

553. Which of the following ingredients, all used by the cosmetologist,  
   is the principal ingredient in semi, demi, and permanent hair color?  
   a) Sodium hypochlorite  b) Ammonium thioglycolate  
   c) Sodium hydroxide  d) Para phenylenediamine  
   Answer _____  (D)

554. Because most oxidative tints contain known allergens, prior to use they require a / an:  
   a) Strand Test  b) Allergy Test  
   c) P.D. Test  d) Elasticity Test  
   Answer _____  (C)
555. During a permanent wave, if the hair begins to smoke, or the cotton turns purple: Answer _____ (C)
a) This indicates the presence of Henna  b) This indicates the presence of vegetable dyes
c) This indicates the presence of metallic salts d) This indicates the presence of Certified Colors

556. Decolorizing is another term for: Answer _____ (B)
a) Tinting  b) Bleaching
c) Drabbing d) Tint-back

557. In a virgin tint going darker, apply the product: Answer _____ (C)
a) From the scalp through the ends  b) ½ inch from the scalp to / through the ends
c) ½ inch from the scalp until ½ from the ends d) From the scalp until ½ from the ends

558. After decolorizing a client’s hair, you would likely use: Answer _____ (B)
a) A lift and deposit color  b) A toner
c) A metallic salt d) Henna

559. The decolorization process is best done on hair that is: Answer _____ (C)
a) Moist  b) Damp
c) Dry d) Wet

560. Stylists use Activators, Boosters, Protinators, and ______as a catalyst? Answer _____ (C)
a) Bleach  b) Aniline derivative tint
c) H2O2 d) Alcohol

561. If your client began the decolorization process with darkest brown or black hair, how many levels would the hair go through to reach a platinum level/stage? Answer _____ (D)
a) 4  b) 7
c) 5  d) 10

562. If your client began the decolorization process with dark brown or black hair, how many levels could the hair safely go through before serious harm occurred? Answer _____ (B)
a) 4  b) 7
c) 5  d) 10

563. This chemical reaction occurs when H2O2 is combined with an aniline derivative tint: Answer _____ (D)
a) Anaphoresis  b) Phoresis
c) Bromhidrosis d) Oxidation

564. A “positive” reaction to a P.D. test would mean that: Answer _____ (B)
a) Client is positively not allergic to product  b) Client is allergic to the product
c) Product is a good match for the client d) Client has metallic dyes on their hair

565. Which of the following products are not added to bleach to speed up the action: Answer _____ (D)
a) Protinators  b) Activators
c) Boosters d) Impediments

566. _____ may not be used, if hair has been treated with a metallic salts product: Answer _____ (B)
a) Vegetable dyes  b) Bleach
c) Semi-permanent colors d) Certified Colors

567. Black, White, and Gray are often referred to as: Answer _____ (B)
a) Mono-chromatic colors  b) Achromatic colors
c) Poly-chromatic colors d) Acro-chromatic colors

568. Colors approved by the FDA that do not require a P.D. Test prior to use: Answer _____ (A)
a) Certified Colors  b) Azo Dyes
c) Demi-permanent colors d) Para-Phenylenediamine Dyes
569. Accounting for nearly two-thirds of the blood’s volume, this is the blood’s fluid portion:  
   a) Thrombocytes  
   b) Hemoglobin  
   c) Plasma  
   d) Lymph  
   Answer ______  (C)

570. If the hair is extremely porous, the cosmetologist should probably use:  
   a) Cream based colors  
   b) A lighter shade than ultimately desired  
   c) Cream H2O2  
   d) A filler  
   Answer ______  (D)

571. Permanent waves, chemical hair relaxers, decolorizing, and permanent hair coloring, are all contra-indicated on hair that has been previously treated with:  
   a) Aniline derivative tints  
   b) Demi-permanent color  
   c) Metallic salts  
   d) Products containing DMDM hydantoin  
   Answer ______  (C)

572. When attempting to tint highly resistant hair, you should:  
   a) Use a high volume H2O2  
   b) Use a low volume H2O2  
   c) Use a pre-softener  
   d) Apply product on damp hair  
   Answer ______  (C)

573. Which of the following would a cosmetologist use to pre-soften resistant gray hair:  
   a) Ammonium thioglycolate  
   b) Sodium thioglycolate  
   c) Aniline derivative tint  
   d) Hydrogen peroxide  
   Answer ______  (D)

574. Which of the following procedures might be a bad idea prior to tinting the hair:  
   a) Strand testing  
   b) Brushing  
   c) Pre-softening  
   d) P.D. Test  
   Answer ______  (B)

575. The minimum wait time between the application of one decolorization and the next, is:  
   a) 24 hours  
   b) 48 hours  
   c) 1 week  
   d) 7 - 14 days  
   Answer ______  (A)

576. Para-phenylene-diamine is an ingredient found in all the following except:  
   a) Semi-permanent colors  
   b) Demi-permanent colors  
   c) Certified colors  
   d) Permanent colors  
   Answer ______  (C)

577. If your client has almost entirely gray hair and wants to darken it to its original color, where should you begin to apply the product?  
   a) Nape  
   b) Crown  
   c) Sides  
   d) Front  
   Answer ______  (D)

578. Which governmental agency regulates cosmetics in the United States?  
   a) EPA  
   b) FDA  
   c) USP  
   d) OSHA  
   Answer ______  (B)

579. Which agency regulates & approves the efficacy of products used for infection control:  
   a) EPA  
   b) FDA  
   c) USPS  
   d) OSHA  
   Answer ______  (A)

580. Which governmental agency enforces health and safety standards in the workplace:  
   a) EPA  
   b) FDA  
   c) USPS  
   d) OSHA  
   Answer ______  (D)

581. Which of the following products would work the fastest to relax overly curly hair:  
   a) Sodium hypochlorite  
   b) Sodium bromate  
   c) Sodium hydroxide  
   d) Ammonium thioglycolate  
   Answer ______  (C)

582. Client with kinky hair wants it temporarily relaxed (completely straight), you should do:  
   a) A Soft press / Single press  
   b) A Hard press / Double press  
   c) A Soft perm  
   d) A Sodium hydroxide relaxer  
   Answer ______  (B)
583. A client with kinky hair wants it temporarily relaxed with large curls, stylist should do? Answer _____ (A)
   a) A Soft press                                          b) A Hard press
   c) A Soft perm                                          d) A Sodium hydroxide relaxer

584. A client with kinky hair wants it permanently relaxed until it is curly, stylist should do: Answer _____ (C)
   c) A Soft perm                                          d) A Sodium hydroxide relaxer

585. Client with kinky hair wants it permanently relaxed (straight), stylist should do: Answer _____ (D)
   a) A Soft press                                          b) A Hard press
   c) A Soft perm                                          d) A Sodium hydroxide relaxer

586. When applying a virgin sodium hydroxide relaxer, the application should be done: Answer _____ (C)
   a) From the scalp up to the ends                      b) From the scalp through the ends
   c) ½ inch from the scalp to the ends                  d) ½ inch from both scalp and ends

587. When applying a virgin thio relaxer, the application should be done: Answer _____ (C)
   a) From the scalp up to the ends                      b) From the scalp through the ends
   c) ½ inch from the scalp to the ends                  d) ½ inch from both scalp and ends

588. When relaxing the hair with a Thio relaxer, how wide should the partings be? Answer _____ (A)
   a) 1/8 inch                                            b) ¼ inch
   c) ½ inch                                              d) ¾ inch

589. Which of the following relaxers leave the hair unfit for any further chemical service? Answer _____ (B)
   a) Ammonium thioglycolate                             b) Sodium hydroxide
   c) Sodium thioglycolate                              d) Potassium hydroxide

590. Hair previously relaxed with a sodium hydroxide product should not be: Answer _____ (D)
   a) Colored using a permanent hair color               b) Set in rollers for 24 hours
   c) Shampooed with a color fast product               d) Flat ironed

591. Hair that was relaxed with a thioglycolate based product, should not be treated with a: Answer _____ (B)
   a) Thio based product                                 b) Sodium based product
   c) Demi-permanent color                               d) Permanent color

592. Pressing creams, oils, and other products designed to protect the hair, should be used: Answer _____ (C)
   a) After completing the style                       b) After the shampoo, prior to drying
   c) On dry hair after the shampoo                    d) After drying and prior to completing the style

593. This type of relaxer is usually advertised as a “no-lye” relaxer: Answer _____ (C)
   a) Sodium hydroxide                                   b) Lithium hydroxide
   c) Guanidine                                           d) Potassium hydroxide

594. Relaxer recommended for sensitive scalps and sold “over-the-counter”: Answer _____ (C)
   a) Sodium hydroxide                                   b) Lithium hydroxide
   c) Guanidine                                           d) Potassium hydroxide

595. Process where a hydroxide relaxer removes one atom of sulfur from a disulfide bond: Answer _____ (B)
   a) Oxidation                                          b) Lanthionization
   c) Lithiumization                                     d) Redox

596. The hydroxide relaxer breaks the disulfide bond (it losses one atom of sulfur) thereafter, it is referred to as a “Lanthionine Bond”, these bonds: Answer _____ (D)
   a) Must be reformed by the neutralizer               b) Reform through air neutralization
   c) Are the last bonds to reform                      d) Can never be reformed

597. If a relaxer is advertised as “no-lye”, you can be certain it is not which of the following: Answer _____ (D)
   a) Ammonium thioglycolate                            b) Guanidine
   c) Thioglycolate                                      d) Sodium hydroxide
598. All of the following are true of guanidine relaxers except:       Answer _____  (B)
   a) They contain no lye                           b) Have a lower pH than Thio relaxers
   c) Cause less skin/scalp irritation           d) More drying to the hair

599. Although marketed for sensitive scalps, this type of relaxer will cause more swelling of the hair shaft and is more drying to the hair than hydroxide type relaxers: Answer _____  (D)
   a) Sodium                           b) Lithium
   c) Potassium                        d) Guanidine

600. If the relaxer is rinsed with cold water, there is a good chance the relaxed hair will: Answer _____  (D)
   a) Break                             b) Revert
   c) Tangle                           d) All of the above

601. When doing a chemical relaxer service, the best H2O temperature for shampooing is: Answer _____  (B)
   a) Hot                                b) Tepid
   c) Cool                              d) Cold

602. Unless instructions say otherwise, to stop the action of a relaxer, the stylist should: Answer _____  (A)
   a) Rinse with cool/ tepid water          b) Apply the neutralizer
   c) Rinse with warm water                   d) Rinse with cold water

603. To avoid “Tangling” the hair while rinsing the relaxer, use: Answer _____  (D)
   a) Hot water with medium pressure  b) Hot water with low pressure
   c) Cold water with medium pressure    d) Tepid water with medium pressure

604. Unless otherwise instructed by manufacturer, when rinsing any relaxer, it is best to use: Answer _____  (B)
   a) Warm to tepid water                           b) Cool to tepid water
   c) Cold water to cool the scalp                 d) Hot water to remove all relaxer

605. To stop the chemical reaction after relaxer has been removed, stylist should use /apply: Answer _____  (A)
   a) Fixative, neutralizer, or stabilizer  b) Cold water
   c) Oil based conditioner                       d) Warm water

606. In a chemical relaxer, the action of the neutralizer is to do which of the following: Answer _____  (D)
   a) Stop the action of the processing solution        b) Reform the broken bonds of the hair
   c) Establish how curly/straight the hair will be  d) All of the above

607. In a chemical relaxer, the action of the fixative is to do which of the following: Answer _____  (D)
   a) Stop the action of the processing solution  b) Reform the broken bonds of the hair
   c) Establish how straight the hair will be       d) All of the above

608. A Thio relaxer should be applied to: Answer _____  (D)
   a) Dry hair                                 b) Wet hair
   c) Pressed hair                              d) Damp hair

609. In a permanent wave, the action of the neutralizer is to do which of the following: Answer _____  (D)
   a) Stop the action of the processing solution  b) Reform the broken bonds of the hair
   c) Establish how curly the hair will be       d) All of the above

610. Chemical hair relaxers will tend to: Answer _____  (B)
   a) Be disulphides                        b) Be alkaline
   c) Be neutral                           d) Be acid

611. Chemical relaxers will tend to have which of the following effects on the hair? Answer _____  (B)
   a) Harden and shrink                    b) Soften and swell
   c) Harden and swell                     d) Soften and shrink

612. The application of a neutralizer has what effect on the hair: Answer _____  (D)
   a) Curl straight hair                  b) Relax curly hair
   c) Soften and swell the hair           d) Reform broken hair bonds
613. Which hair bonds can only be broken chemically?          Answer _____  (A)
   a) Disulfide                      b) Hydrogen
   c) Keratin                        d) Salt

614. Chemical relaxers are designed to break which bonds of the hair?   Answer _____  (A)
   a) Disulfide                      b) Hydrogen
   c) Keratin                        d) Salt

615. The stylist should begin the application of the chemical relaxer:    Answer _____  (B)
   a) At the top                      b) At the nape or most resistant area
   c) At the crown                           d) At the sides

616. Permanent wave solutions are designed to break which bonds of the hair?  Answer _____  (A)
   a) Disulfide                      b) Hydrogen
   c) Keratin                        d) Salt

617. Chemical relaxers and permanent wave solutions will often begin to “smoke” on the client’s head if there is/are any ________________ on the hair:     Answer _____  (D)
   a) Aniline derivative color  b) Demi-permanent color
   c) Alcohol based styling aids  d) Metallic dyes

618. If a client has Metallic Salts / Dyes on their hair you should not give a:     Answer _____  (D)
   a) Permanent wave                      b) Chemical hair relaxer
   c) Press & Curl                                d) Both A and B

619. Shampooing, blow drying/curling irons, and brushing, will break which bonds of the hair? Answer _____  (C)
   a) Disulfide                      b) Polypeptide
   c) Hydrogen                        d) Salt

620. Acidic products have which action on the hair?              Answer _____  (D)
   a) Soften                          b) Soften and swell
   c) Harden                          d) Harden and shrink

621. Alkaline products have which action on the hair?          Answer _____  (B)
   a) Soften                          b) Soften and swell
   c) Harden                          d) Harden and shrink

622. Although incompatible, Sodium and Thio relaxers are both:   Answer _____  (B)
   a) Acidic                          b) Alkaline
   c) Acidic and alkaline            d) Sodium is alkaline and Thio is acidic

623. Both Thio and Sodium relaxers will have what effect on the hair?           Answer _____  (B)
   a) Hardening                        b) Softening
   c) Thio will harden, Sodium will soften   d) Straighten

624. A neutralizer, stabilizer, or fixative will have what effect on the hair?   Answer _____  (A)
   a) Hardening                        b) Softening
   c) Straighten                       d) Relax

625. A neutralizer, stabilizer, or fixative is:              Answer _____  (A)
   a) Acidic                          b) Alkaline
   c) Acidic and alkaline            d) Straightening

626. Neutralizing shampoos are sometimes referred to as:       Answer _____  (D)
   a) Neutralizers                       b) Stabilizers
   c) Fixatives                         d) All of the above
627. Because they are incompatible and usage may cause extensive breakage, hair treated with a Sodium Hydroxide relaxer should not be treated with:
   a) Guanidine  b) Ammonium Thioglycolate  c) Certified Colors  d) Temporary Colors
   Answer _____ (B)

628. To remove relaxers from the hair, stop their chemical action, and avoid damage to the hair itself, it is necessary to:
   a) Shampoo the hair at least twice  b) Use an acid balanced shampoo  c) Rinse the hair well  d) Both B and C
   Answer _____ (C)

629. If the relaxer comes into contact with the skin or scalp, it must be:
   a) Gently removed with cold water  b) Gently removed with hot water  c) Gently removed with a dry towel  d) Gently removed with a moist towel
   Answer _____ (D)

630. How often is it recommended to have a relaxer retouch?
   a) Every 4 weeks  b) 1 to 2 months  c) 3 to 4 months  d) 6 to 8 months
   Answer _____ (C)

631. What strength relaxer would you suggest using on fine / damaged hair?
   a) Weak  b) Regular  c) Alkaline  d) Mild
   Answer _____ (D)

632. If the relaxer is left on the hair longer than directions state, what will likely occur?
   a) May be necessary if hair is resistant  b) Hair may become to straight  c) Hair may discolor  d) Hair may break
   Answer _____ (D)

633. A disulphide relaxer, often marketed as “less damaging” to the hair, is or has:
   a) An alkaline pH  b) An acidic pH  c) pH that starts as alkaline, then turns acidic  d) None of the above
   Answer _____ (B)

634. Relaxer application generally begins:
   a) At the crown  b) At the nape  c) At the temples  d) At the sides
   Answer _____ (B)

635. What would be the first step in a chemical relaxer service?
   a) Section hair  b) Apply base cream  c) Discuss with client  d) Complete a client record card
   Answer _____ (C)

636. Once hair is relaxed with a Thio relaxer, the application of a new Thio relaxer may cause:
   a) Destruction of the hair shaft  b) Breakage  c) Color to darken  d) None of the above
   Answer _____ (B)

637. In cutting chemically relaxed hair, it is recommended you use:
   a) Shears  b) Clippers  c) Razors  d) Specialized shears for cutting relaxed hair
   Answer _____ (A)

638. Using very cold water while rinsing the relaxer, will cause all of the following except:
   a) Reversion  b) Breakage  c) Tighter curl  d) Looser curl
   Answer _____ (D)

639. Which of the following is not a strength of professionally made relaxers?
   a) Color-treated  b) Mild  c) Super / extra strength  d) Regular
   Answer _____ (A)

640. The product protecting the scalp from irritation in a “no-base” relaxer is known as:
   a) Base cream  b) Protective cream  c) Neutralizing cream  d) No scalp cream is applied in a no-base relaxer
   Answer _____ (D)
641. The product protecting the scalp from irritation in a relaxer service is known as: Answer _____ (A)
   a) Base cream                                          b) Protective cream 
   c) Neutralizing cream                              d) No scalp cream is applied in a no-base relaxer

642. In a virgin relaxer, the relaxing product should be applied: Answer _____ (D)
   a) ½ inch from the scalp to ½ from the ends 
   b) 1 inch from the scalp to ½ inch from the ends  
   c) From the scalp to / through the ends 
   d) ½ inch from the scalp through the ends

643. When doing a retouch relaxer service, avoid: Answer _____ (B)
   a) Using a sodium hydroxide relaxer 
   b) Overlapping the previously relaxed hair  
   c) Using a Thio relaxer                             
   d) The use of oil based conditioners

644. Which agency approves the efficacy of products used for infection control? Answer _____ (B)
   a) Food and Drug Administration   b) Environmental Protection Agency  
   c) Department of Health     d) State Board of Cosmetology

645. Designed to reform the hair’s disulphide bonds, neutralizers have what effect on the hair? Answer _____ (C)
   a) Swell and harden                                  b) Swell and soften 
   c) Harden and shrink                                d) Harden and swell

646. Which of the following cannot be used to reform the hair after the relaxer is removed: Answer _____ (C)
   a) Fixative                                                         b) Stabilizer  
   c) Conditioner                                                   d) Neutralizer

647. Stretching of the hair during the application of the relaxing cream, will cause it to:  Answer _____ (B)
   a) Straighten faster                                  b) Break 
   c) Have no effect                                     d) Revert

648. The average pH range of a Sodium Hydroxide relaxer is: Answer _____ (B)
   a) About the same as a Thio relaxer  
   b) Somewhat higher than a Thio relaxer 
   c) Somewhat lower than a Thio relaxer 
   d) Highly acidic

649. When doing a retouch relaxer service, it is a good idea to: Answer _____ (C)
   a) Deeply condition the hair immediately prior to the service   
   b) Have the relaxed hair damp  
   c) Leave conditioner on previously relaxed hair during the service 
   d) Have the hair wet

650. Chemical relaxers and permanent wave solutions have what effect on the hair? Answer _____ (C)
   a) Acid so they shrink and harden       b) Alkaline so they swell and harden       
   c) Alkaline so they swell and soften 
   d) I don’t know, I spent my school time texting friends

651. The average pH range of an Ammonium Thioglycolate relaxer is: Answer _____ (C)
   a) 4.5 - 5.5                                              b) 7.5 - 8.5  
   c) 8.5 - 11.5                                            d) 11.5- 14

652. The average pH range of a Sodium Hydroxide relaxer is: Answer _____ (D)
   a) 4.5 - 5.5                                              b) 7.5 - 8.5  
   c) 8.5 - 9.5                                              d) 11.5 - 14

653. When doing a Thio based relaxer, why does the stylist use the wider side of the comb? Answer _____ (D)
   a) Speed the straightening process         
   b) Reduce the processing time 
   c) Avoid pulling the hair                  
   d) Avoid overstretching the hair

654. Hair has been relaxed with a Hot Iron, then a chemical relaxer is applied, what is likely: Answer _____ (D)
   a) Hair will revert to its curly state        
   b) Hair will relax more easily 
   c) Hair will not relax as well 
   d) Hair will break

655. Straightening the hair with the use of a hot comb, pressing iron, etc., is known as: Answer _____ (B)
   a) Chemical straightening 
   b) Thermal straightening  
   c) Permanent straightening 
   d) Temporary straightening
656. Students test the heat of thermal tools on a piece of white tissue paper. This is to: Answer _____ (C)
a) Comply with State Board regulations  
b) Comply with School Board requirements  
c) Avoid usage of excessively hot tools  
d) Avoid burning the client or student

657. Using extremely high heat on white, gray, lightened, or tinted hair may cause the hair to: Answer _____ (D)
a) Discolor  
b) Scorch  
c) Burn  
d) Both A and B

658. Usually, pressing comb handles are wooden, while the combs themselves are made of: Answer _____ (B)
a) Steel  
b) Copper & Brass  
c) Poly-Resins  
d) Aluminum

659. When the hair is pressed on both sides, this is referred to as a: Answer _____ (B)
a) Soft press  
b) Hard press  
c) Single press  
d) Double press

660. A Hard Press is most suited for which type of hair? Answer _____ (A)
a) Coarse hair  
b) Kinky hair  
c) Hair that needs to be very straight  
d) Fine hair

661. Fine hair, especially that around the face / hair line, requires less heat & pressure and a: Answer _____ (C)
a) Hard press  
b) Croquignole press  
c) Soft press  
d) Medium press

662. A hair press can be expected to last about: Answer _____ (C)
a) 1 day  
b) 1 week  
c) 2 weeks  
d) 1 month

663. After a thermal press & curl, how long should you wait to style the hair? Answer _____ (B)
a) Immediately  
b) Until it has cooled  
c) After the application of the oil sheen  
d) After the oil sheen has dried

664. The best method to clean a curling / pressing iron is with: Answer _____ (B)
a) Soap & water  
b) Fine steel wool  
c) Alcohol  
d) Quats

665. Which part of the hair is most easily broken during a thermal straightening service? Answer _____ (C)
a) Crown  
b) Back  
c) Front or hairline  
d) Nape

666. In a thermal press & curl, the stylist should begin the press: Answer _____ (D)
a) At the nape  
b) Close to the scalp  
c) At the curliest part  
d) Both A and B

667. When pressing gray hair, use: Answer _____ (A)
a) Light pressure and lowest heat possible  
b) Light pressure and high heat  
c) High pressure and low heat  
d) High heat and high pressure

668. When using hot irons on highly lightened hair, use: Answer _____ (B)
a) No heat  
b) Low heat  
c) High heat  
d) None of the above

669. If the ends of the hair are not in the curling iron, the likely result will be: Answer _____ (D)
a) An unhappy customer  
b) Fishhook ends  
c) Burnt ends  
d) Both A and B

670. When using very hot irons on highly lightened hair, in addition to breakage, you will: Answer _____ (A)
a) Scorch the hair  
b) Straighten the hair  
c) Cause the hair to revert  
d) Over process the hair
671. Thermal styling may be done on wigs made of:
   a) Remy hair                                          b) Human hair
   c) Either human or Remy hair                         d) Wigs should not be thermal styled

   Answer _____  (C)

672. Thermal styling will likely be unsuccessful on which of the following types of wigs:
   a) Remy                                             b) Non-remy
   c) Human hair                                       d) Synthetic

   Answer _____  (D)

673. The use of creams, oils, and other products are used during thermal styling:
   a) To create volume                                  b) To create shine
   c) As a protection from heat damage                 d) As a styling aid

   Answer _____  (C)

674. The comb used in a thermal styling service is usually made of:
   a) Stainless steel                                  b) Brass
   c) Copper                                           d) Non flammable hard rubber

   Answer _____  (B)

675. What portion of the thermal pressing comb carries the heat and does the pressing?
   a) Handle                                           b) Rod
   c) Teeth                                            d) Tang

   Answer _____  (B)

676. When pressing fine or damaged hair, use:
   a) Medium heat and light pressure                   b) Low heat and light pressure
   c) High heat and light pressure                     d) Refuse service

   Answer _____  (B)

677. Pressing combs are usually made of:
   a) Aluminum                                         b) Steel
   c) Brass                                            d) Both B and C

   Answer _____  (D)

678. When pressing extremely processed hair, use:
   a) Medium heat and light pressure                   b) Low heat and light pressure
   c) High heat and light pressure                     d) Refuse service

   Answer _____  (B)

679. Thermal services are:
   a) Highly damaging to the hair                     b) Temporary
   c) Permanent                                       d) May be temporary or permanent

   Answer _____  (B)

680. Modern thermal irons tend to be made of “fine steel” because it allows them to be:
   a) Scratch resistant                               b) Heated quickly
   c) Cleaned easily                                  d) Heated evenly

   Answer _____  (D)

681. Following a thermal press & curl, how long should you wait to style the hair?
   a) After the application of a finishing oil        b) Immediately, the hair is pliable at this point
   c) Wait until the hair cools                       d) After applying a “working” spray

   Answer _____  (C)

683. A sign of good porosity in the hair is:
   a) Hair will not absorb products easily and usually process slowly
   b) Hair will absorb products easily and usually process quickly
   c) Hair has excellent elasticity and will usually process quickly
   d) Hair has good elasticity and will usually process quickly

   Answer _____  (B)

683. Poor porosity means:
   a) Hair will not absorb products easily and usually will not process quickly
   b) Hair absorbs products poorly and will usually process poorly if at all
   c) Hair absorbs products poorly and will process slowly
   d) Hair absorbs products slowly and will usually process quickly

   Answer _____  (C)

684. Hair with good porosity will:
   a) Absorb products slowly and process slowly        b) Absorb products quickly, process quickly
   c) Absorb products quickly, process slowly          d) Absorb products quickly and process slowly

   Answer _____  (B)
685. Porosity refers to:  
   a) The hairs ability to repel moisture  
   b) The hairs ability to attract moisture  
   c) The hairs ability to absorb moisture  
   d) None of the above  
   Answer _____ (C)

4 questions, 1 simple point. Same question, over-and-over. But, You Must Know It (not memorize a question)

686. Permanent Wave solutions tend to be:  
   a) Acid  
   b) Alkaline  
   c) Both acid and alkaline  
   d) Neither acid nor alkaline  
   Answer _____ (B)

687. In a permanent wave procedure, when should the cotton be removed?  
   a) After processing has been completed  
   b) Before rinsing  
   c) After saturation  
   d) Both B and C  
   Answer _____ (D)

688. The action of the perm solution on the hair is:  
   a) Harden and swell  
   b) Soften and shrink  
   c) Harden and shrink  
   d) Soften and swell  
   Answer _____ (D)

689. Alkaline solutions have what effect on the hair and skin?  
   a) Harden and swell  
   b) Soften and shrink  
   c) Harden and shrink  
   d) Soften and swell  
   Answer _____ (D)

690. Neutralizers are usually:  
   a) Acid  
   b) Alkaline  
   c) Both acid and alkaline  
   d) Neither acid nor alkaline  
   Answer _____ (A)

691. Acid solutions have what effect on the hair and skin?  
   a) Harden and swell  
   b) Soften and shrink  
   c) Harden and shrink  
   d) Soften and swell  
   Answer _____ (C)

692. Cold wave solutions will have a pH in the range of:  
   a) 2.5 - 4.5  
   b) 3.5 - 4.5  
   c) 4.5 - 5.5  
   d) 8.2 - 9.6  
   Answer _____ (D)

693. What is the approximate pH range of acid waves:  
   a) 4.5 - 5.5  
   b) 5.8 - 6.8  
   c) 2.5 - 3.5  
   d) 7.5 - 8.5  
   Answer _____ (B)

694. What is the approximate pH range of neutral / acid-balanced waves:  
   a) 3.5 - 4.5  
   b) 4.5 - 6.5  
   c) 2.5 - 3.5  
   d) 8.2 - 9.6  
   Answer _____ (B)

695. What is the basic ingredient used in most chemical relaxers?  
   a) Ammonium Thioglycolate  
   b) Sodium Hypochlorite  
   c) Sodium Chloride  
   d) Sodium Hydroxide  
   Answer _____ (D)

696. The basic ingredient in most neutralizers is either H2O2 or:  
   a) Sodium hydroxide  
   b) Sodium hydroxite  
   c) Sodium Thioglycolate  
   d) Sodium bromide  
   Answer _____ (D)

697. The basic ingredient of most neutralizers is either Sodium Bromide or:  
   a) Sodium Hydroxide  
   b) 6% H2O2  
   c) Sodium Thioglycolate  
   d) 2% Hydrogen Peroxide  
   Answer _____ (D)

698. Vigorous brushing or shampooing prior to any chemical service may result in:  
   a) Uneven processing  
   b) Breakage  
   c) Chemical burns  
   d) Over processing  
   Answer _____ (C)
699. Which of the following is not a type of bond found in the hair?  
   a) Cystine  
   b) Disulfide  
   c) Hydrogen  
   d) Keratin  
   Answer _____  (D)

700. Acid balanced permanent wave products tend to be more gentle on the hair, but they require the addition of _______ to work:  
   a) H2O2  
   b) Heat  
   c) An oxidizing agent  
   d) Alkaline  
   Answer _____  (B)

701. An acid permanent wave that generates its own heat is known as:  
   a) Endothermic  
   b) Heat activated  
   c) Indothermic  
   d) Exothermic  
   Answer _____  (D)

702. An acid permanent wave requiring heat from an external source to work is known as:  
   a) Endothermic  
   b) Heat activated  
   c) Indothermic  
   d) Exothermic  
   Answer _____  (A)

703. Exothermic is a term of Greek origin meaning:  
   a) To release energy in the form of heat  
   b) To absorb energy in the form of heat  
   c) To absorb and redirect energy  
   d) None of the above  
   Answer _____  (A)

704. A permanent wave that requires placing the client under a heated dryer, is probably:  
   a) Alkaline and endothermic  
   b) Acid and exothermic  
   c) Acid and endothermic  
   d) Alkaline and exothermic  
   Answer _____  (C)

705. A permanent wave involves:  
   a) Chemical action only  
   b) Physical action only  
   c) Anhidrosis and Bromhidrosis  
   d) Physical and chemical action  
   Answer _____  (D)

706. If the rubber band is twisted while wrapping a perm, what will be the likely outcome?  
   a) Breakage  
   b) Uneven curl formation  
   c) Fishhooks  
   d) Under processing where band touched hair  
   Answer _____  (A)

707. Where should the rubber bands be placed when wrapping a permanent wave?  
   a) Facing forward  
   b) Facing backwards  
   c) At the top of the rod  
   d) Close to the scalp  
   Answer _____  (C)

708. Which bonds are easily broken by water, wind, humidity, and styling tools?  
   a) Cystine  
   b) Disulfide  
   c) Hydrogen  
   d) Keratin  
   Answer _____  (C)

709. Which type of bonds require the application of a chemical to break them?  
   a) Cystine  
   b) Disurfactant  
   c) Hydrogen  
   d) Acid  
   Answer _____  (A)

710. Which type of bonds require the application of a chemical to break them?  
   a) Anagen  
   b) Disulfide  
   c) Cortex  
   d) Polysaccharide  
   Answer _____  (B)

711. Another name for disulfide bonds is:  
   a) Cystine  
   b) Disurfactant  
   c) Hydrogen  
   d) Acid  
   Answer _____  (A)

712. Which bonds must be broken to allow the permanent wave or relaxer to occur:  
   a) Cystine  
   b) Disulfide  
   c) Hydrogen  
   d) Both A and B  
   Answer _____  (D)

713. Which bonds are primarily responsible for the hair's strength and elasticity?  
   a) Cystine or disulfide  
   b) Hydrogen & salt  
   c) Salt & polysaccharide  
   d) Cystine & sugar  
   Answer _____  (A)
714. What is a different name for the Disulfide Bond? 
   Answer _____ (B)
   a) Trisulfide  
   b) Cystine  
   c) Hydrogen  
   d) Sugar

715. What bonds are broken during a permanent wave procedure? 
   Answer _____ (D)
   a) Cystine  
   b) Disulfide  
   c) Cystine or Disulfide  
   d) All of the above

716. The permanent wave lotion will cause the hair to: 
   Answer _____ (D)
   a) Contract  
   b) Shrink  
   c) Harden  
   d) Expand

717. The neutralizer causes the hair to: 
   Answer _____ (C)
   a) Contract and soften  
   b) Contract and expand  
   c) Contract and reform  
   d) Contract and swell

718. Poor wrapping technique may cause breakage, uneven curl formation, and: 
   Answer _____ (D)
   a) Under processing  
   b) Over processing  
   c) Degradation of the medulla  
   d) Fishhooks

719. Under processing will generally result in: 
   Answer _____ (B)
   a) Tight curls  
   b) Loose curls  
   c) Cuticle degradation  
   d) Longer processing time

720. Which of the following is not a possible reason for a curl that is too loose? 
   Answer _____ (D)
   a) Under processing  
   b) Rods that are too large  
   c) Partings that are too large  
   d) Color treated hair

721. Which bonds must be broken to achieve a permanent change? 
   Answer _____ (D)
   a) Hydrogen  
   b) Salt  
   c) Sugar  
   d) Cystine

722. What bonds are broken during a permanent wave procedure? 
   Answer _____ (C)
   a) Sugar  
   b) Hydrogen  
   c) Disulfide  
   d) Salt

723. After rinsing perm solution from the hair, which of the following chemicals is applied? 
   Answer _____ (D)
   a) Fixative  
   b) Neutralizer  
   c) Stabilizer  
   d) Any of the above

724. The controlling factor in determining the processing time of hair in a permanent wave is: 
   Answer _____ (A)
   a) Porosity  
   b) Density  
   c) Elasticity  
   d) Length of hair

725. Of the following hair types, which would require the shortest processing time? 
   Answer _____ (B)
   a) Hair with poor porosity  
   b) Hair with good porosity  
   c) Hair with good elasticity  
   d) Very dense hair

726. Of the following hair types, which would require the longest processing time? 
   Answer _____ (A)
   a) Hair with poor porosity  
   b) Hair with good porosity  
   c) Hair with good elasticity  
   d) Very dense hair

727. Test curls are given to: 
   Answer _____ (D)
   a) Determine processing time  
   b) Determine porosity  
   c) Determine elasticity  
   d) All of the above

728. If you were going to color your client’s hair immediately after perming, which of the following would offer your best (least damaging) choice? 
   Answer _____ (B)
   a) Permanent color  
   b) Demi-permanent color  
   c) High & Low-lites  
   d) Refuse the service
729. Oxidation occurs during which of the following periods:  
   a) Processing  
   b) Oxidative  
   c) Neutralization  
   d) Reduction  
   Answer _____ (C)

730. An ammonium thioglycolate solution is an alkaline or Cold Wave and should be wrapped with:  
   a) No tension  
   b) Medium tension  
   c) Firm tension  
   d) Depends upon the amount of curl desired  
   Answer _____ (A)

731. All of the following will open the cuticle, or keep it open, except:  
   a) Warm water  
   b) Heat  
   c) Alkaline products  
   d) Vinegar  
   Answer _____ (D)

732. In permanent waving, a “Test Curl”, is most analogous to giving a:  
   a) Porosity Test  
   b) Elasticity Test  
   c) Tolerance Test  
   d) Strand Test  
   Answer _____ (D)

733. Wrapping the hair 2 to 3 times around the rod will produce:  
   a) Firm curls  
   b) Crisp curls  
   c) Soft to medium curls  
   d) Little to know curl  
   Answer _____ (C)

734. How many times must hair be wrapped around the rod to produce one curl:  
   a) One time  
   b) 2 ½ times  
   c) 3 ½ times  
   d) 4 Times  
   Answer _____ (B)

735. If hair is wrapped less than 2 ½ times around the rod, the result will be:  
   a) Firm curls  
   b) Crisp curls  
   c) Soft to medium curls  
   d) Little to no curl  
   Answer _____ (D)

736. Very fine, thin, or sparse hair, will generally achieve the best result when the stylist uses:  
   a) Small rods with large partings/blockings  
   b) Larger rods with small blockings  
   c) Small rods with a milder solution  
   d) Small rods with small blockings  
   Answer _____ (D)

737. Very dense hair (hairs per square inch, not the diameter of the hair), will provide the best results in a permanent wave if wrapped with:  
   a) Small rods with large blockings  
   b) Larger rods with small blockings  
   c) Small rods with a milder solution  
   d) Small rods with small blockings  
   Answer _____ (B)

738. In addition to the size rod used, what determines the size of the resultant curl pattern?  
   a) Processing time  
   b) The neutralizer  
   c) Nothing else has a noticeable impact  
   d) Size of the partings/blockings  
   Answer _____ (D)

739. When perming bleached hair, use:  
   a) Small rods  
   b) Large rods  
   c) Do not perm bleached hair  
   d) Piggyback rods  
   Answer _____ (B)

740. Conditioning immediately prior to performing a permanent wave service, may result in:  
   a) Hair not absorbing the lotion  
   b) Hair curling quicker than expected  
   c) Hair breaking  
   d) Hair being very soft after service  
   Answer _____ (A)

741. Conditioning immediately prior to performing a permanent wave service, may result in:  
   a) Hair being under-processed  
   b) Hair being over processed  
   c) Hair breaking  
   d) Hair being very soft after service  
   Answer _____ (A)

742. Which of the following is the most important in determining processing time?  
   a) Density  
   b) Climate  
   c) Porosity  
   d) Elasticity  
   Answer _____ (C)
743. If insufficient cystine / disulfide bonds are broken in the hair, the likely result will be: Answer _____ (B)
   a) Over processed hair                          b) Under processed hair / weak curl formation
   c) Hair breakage                                d) Hair oxidation

744. Oxidation occurs during which of the following periods: Answer _____ (C)
   a) Processing                                  b) Oxidative
   c) Neutralization                              d) Reduction

745. In what section does one generally begin to wrap a perm? Answer _____ (D)
   a) Crown                                      b) Sides
   c) Top                                        d) Nape

746. What type of perming solution should you select for hair with excellent porosity? Answer _____ (B)
   a) Medium                                     b) Mild
   c) Extra body                                 d) Hard to curl / resistant

747. Heavy conditioning prior to a permanent wave may cause weak curl formation because: Answer _____ (D)
   a) To few hydrogen & salt bonds are broken    b) To few disulfide bonds are broken
   c) To few cystine bonds are broken            d) Both B and C

748. What type of perming solution should you select for hair with poor porosity? Answer _____ (D)
   a) Medium                                     b) Mild
   c) Keratin                                    d) Hard to curl / resistant

749. Which of the following is the most important in determining the hair’s ability to hold a curl after the perm procedure? Answer _____ (D)
   a) Texture                                    b) Climate
   c) Porosity                                   d) Elasticity

750. Which rod placement will create the greatest volume in a permanent wave set: Answer _____ (B)
   a) Off base                                   b) On base
   c) Half off base                              d) Piggyback

751. Which rod placement in a permanent wave set will create the greatest tension (thereby increasing the chance of breakage) during the permanent wave: Answer _____ (B)
   a) Off base                                   b) On base
   c) Half off base                              d) Piggyback

752. When receiving a permanent wave, razored ends may result in which of the following: Answer _____ (C)
   a) Weak curl pattern                          b) Strong curl pattern
   c) Frizzy ends                                d) More volume

753. Razored cuts may result in frizzy ends after a perm, what cut is best before a perm? Answer _____ (A)
   a) A Blunt cut                                b) A BOB
   c) A long layered cut                         d) Do not cut the hair before a perm

754. Which rod will produce a uniform curl from root to end? Answer _____ (A)
   a) Straight rod                               b) Concave rod
   c) Angled rod                                 d) Convex rod

755. Which rod will produce a tighter curl at the end than at the root? Answer _____ (B)
   a) Straight rod                               b) Concave rod
   c) Angled rod                                 d) Convex rod

756. Over neutralization will result in: Answer _____ (D)
   a) Crisp curls                               b) No curl
   c) Firm curl                                 d) Dry / brittle curl
757. The process that occurs when the permanent wave solution is dissolving the disulfide bonds in the hair shaft is referred to as: Answer _____ (C)
   a) Adduction   b) Abduction
   c) Reduction   d) None of the above

758. When doing a permanent wave, a loose curl may result from: Answer _____ (B)
   a) Over processing   b) Under neutralization
   c) Over neutralization   d) Insufficient rinsing

759. The active ingredient in the perm solution itself, acts as a / an: Answer _____ (C)
   a) Occidental agent   b) Oxidation agent
   c) Reduction agent   d) None of the above

760. What is the active ingredient in most cold wave solutions? Answer _____ (D)
   a) Sodium Hydroxide   b) Sodium thioglycolate
   c) Ammonium thiosulfide   d) Ammonium thioglycolate

761. What is the active ingredient in most chemical relaxers? Answer _____ (A)
   a) Sodium Hydroxide   b) Sodium thioglycolate
   c) Ammonium thiosulfide   d) Ammonium thioglycolate

762. Which type of wrap or perm is generally suggested for long hair? Answer _____ (D)
   a) Piggy back   b) Spiral
   c) Double halo   d) Both A and B

763. Thick, coarse hair, with poor porosity, is probably resistant to any chemical service and would usually require the application of which type perm solution: Answer _____ (D)
   a) Regular strength   b) Acid wave
   c) Sodium hydroxide   d) Alkaline wave

764. The use of end papers makes it easier for the cosmetologist to wrap the hair in perm rods; however, the primary function of end papers is to: Answer _____ (B)
   a) Assure even saturation   b) Protect the ends
   c) Avoid fishhooks   d) Avoid tangling when rods are removed

765. Client’s hair is rinsed & neutralized before sufficient curl formation occurs, the result is: Answer _____ (C)
   a) Over processed hair   b) Possibly uneven curl
   c) Under processed hair   d) Both B and C

766. You have applied the apparently correct perm solution to the client’s hair, and after 10 minutes there is no curl formation beginning, what should you do? Answer _____ (B)
   a) Continue to process   b) Blot and use stronger perm solution
   c) Blot and apply new perm solution   d) Apply neutralizer, have client return tomorrow

767. There is no wave pattern after perm has completed processing time. What can you do: Answer _____ (B)
   a) Nothing, the maximum time has elapsed   b) Blot and re-saturate with new perm solution
   c) Rinse, blot, and neutralize   d) Rinse, blot, neutralize, refund client’s money

768. A permanent may be air neutralized or self neutralized, these terms mean: Answer _____ (A)
   a) Neutralizer is not used   b) There is no such process
   c) Only a small amount of neutralizer is used   d) A Thio neutralizer was used

769. The hair is dry and brittle after a permanent wave, this is most likely the result of: Answer _____ (C)
   a) Under neutralization   b) Over processing
   c) Over neutralization   d) Allowing bands to become twisted

770. If the saturated cotton is left on the skin to long, what may occur: Answer _____ (B)
   a) Client’s face may become wet   b) Chemical burns
   c) Over processed hair at hairline   d) Discoloration of hair at hairline
771. To avoid chemical burns to a client’s skin, it is best to:  
   a) Not use cotton around hairline  
   b) Use highly absorbent cotton  
   c) Change cotton after applying perm solution  
   d) None of the above  
   Answer _____ (C)

772. When should the cotton placed around the hairline in a permanent wave be changed:  
   a) Prior to rinsing  
   b) Only if it becomes saturated  
   c) As soon as perm solution is applied  
   d) As soon as solution stops dripping  
   Answer _____ (D)

773. Hair that appears very curly when wet, but frizzy or straight when dry, has been:  
   a) Under processed  
   b) Over directed when wrapped  
   c) Under directed when wrapped  
   d) Over processed  
   Answer _____ (D)

774. When deciding if the processing time of a permanent is completed look for:  
   a) Crisp curl  
   b) Well developed “S” pattern  
   c) Elasticity  
   d) All of the above  
   Answer _____ (B)

775. An acid or acid balanced perm would be good for all the following hair types except:  
   a) Hair lacking elasticity  
   b) Damaged hair  
   c) Color treated hair  
   d) Coarse, resistant hair  
   Answer _____ (D)

776. A highly alkaline perm would be a good choice for all the following except:  
   a) High-lift, color treated hair  
   b) Wiry, resistant hair  
   c) Hard to curl hair  
   d) Coarse, virgin hair  
   Answer _____ (A)

777. The action of the perm solution will continue until which of the following occurs:  
   a) It is rinsed out  
   b) It completes the curl formation  
   c) It is neutralized  
   d) Both A and C  
   Answer _____ (C)

778. During a massage, muscles are typically manipulated from the:  
   a) Insertion to the Origin  
   b) Origin to the Insertion  
   c) Belly to the Insertion  
   d) Belly to The Origin  
   Answer _____ (A)

779. What test can be performed to distinguish between synthetic and human hair wigs?  
   a) Strand Test  
   b) Knot Test  
   c) Match Test  
   d) Strand Test  
   Answer _____ (C)

780. Remy hair refers to hair that is or has:  
   a) Human hair that was chemically processed  
   b) Virgin Human Hair  
   c) Human hair with its cuticle removed  
   d) Synthetic hair  
   Answer _____ (A)

781. The biggest / largest / best selling hair in the world is:  
   a) Remy hair  
   b) Non-Remy hair  
   c) A mixture of Remy and non-Remy  
   d) None of the above  
   Answer _____ (B)

782. Remy hair has:  
   a) Cuticle running in the same direction  
   b) No cuticle remaining  
   c) A tendency to tangle easily  
   d) Cuticle removed & replaced for less tangling  
   Answer _____ (A)

783. Remy means:  
   a) The cuticle has been removed  
   b) Cuticle faces direction of original growth  
   c) The cuticle is facing in different directions  
   d) Type of human hair easily tangled  
   Answer _____ (B)

784. Non-Remy hair is also known as:  
   a) Synthetic hair  
   b) Fallen hair  
   c) Fused or bonded hair  
   d) Turned hair  
   Answer _____ (B)

785. From what animal do manufacturers obtain most of the non-human hair used in wigs?  
   a) Horse  
   b) Yak  
   c) Animal hair is not used in wig production  
   d) Alpaca  
   Answer _____ (B)
786. Most human hair used in wig manufacturing comes from:  
   a) Asia  
   b) Africa  
   c) Europe  
   d) The middle east  

787. Any human hair, unless the cuticle has been removed, may be referred to as:  
   a) Non-remy hair  
   b) Remy hair  
   c) Mixed hair  
   d) Turned hair  

788. Remy hair:  
   a) Intact cuticle running in the same direction, prevent tangling  
   b) Is derived from Yaks  
   c) Intact cuticle not running in the one direction (tangles easily)  
   d) Is not human hair  

789. Remy hair:  
   a) Tangles easily  
   b) Is difficult to tangle  
   c) Is highly allergenic  
   d) Originates from Africa  

790. Non-Remy hair is:  
   a) Synthetic  
   b) Of low quality  
   c) Cannot be styled with hot tools  
   d) Most commonly available hair  

791. Remy hair is:  
   a) Derived from Yaks  
   b) Derived from Alpacas  
   c) Derived from Humans  
   d) Synthetic  

792. Yak hair can be:  
   a) Curled, premed, relaxed, and colored  
   b) An allergen to many people  
   c) Mixed with synthetic hair to lower price  
   d) All of the above  

793. Which of the following is incorrect about Remy hair derived from humans:  
   a) Tends to be the most expensive  
   b) Cuticle is intact and going in one direction  
   c) Has had its cuticle removed  
   d) Usually comes from Asia  

794. Hair with an intact cuticle that has been turned so that all cuticles face the same direction:  
   a) Fallen hair  
   b) Turned hair  
   c) Remy hair  
   d) Non-Remy hair  

795. In “Fallen Hair”, which of the following is true of the cuticle?  
   a) It is not all going in the same direction  
   b) It has been removed & replaced  
   c) It has been removed to prevent matting  
   d) Fallen hair is not human hair (has no cuticle)  

796. A cap wig is:  
   a) Usually hand-knotted  
   b) Usually hand-tied  
   c) Usually under-knotted  
   d) All of the above  

797. A cap wig is:  
   a) Machine made  
   b) Light and comfortable to wear  
   c) A good choice if you are bald  
   d) Composed of wefts sewn together  

798. A cap wig contains:  
   a) Semi hard base to which hair is attached  
   b) Hair attached to elasticized mesh  
   c) Wefts are hand or machine sewn together  
   d) Hair attached to wefts sewn in a pattern  

799. A capless wig is:  
   a) Machine made  
   b) Composed of wefts sewn together  
   c) Generally less expensive than a cap wig  
   d) All the above  

800. A client has extreme hair loss, or is bald. And they wish to disguise this.  
   Which of the following wig choices would you recommend?  
   a) Capless wig  
   b) Machine made wig  
   c) Cap wig  
   d) Human hair wig
801. Which of the following is not true of hand-knotted or hand-tied wigs?  
   a) They most resemble human hair  b) They require the most styling  
   c) Hair strands are inserted individually  d) Have a bounce back style  
   Answer _____  (D)

802. If not synthetic, wigs in fantasy hair colors are most often made from:  
   a) Angora hair  b) Alpaca hair  
   c) Horse hair  d) Yak hair  
   Answer _____  (D)

803. A “Fishtail Braid” has how many strands?  
   a) Two  b) Three  
   c) Four  d) None of the above  
   Answer _____  (A)

804. A “Cornrow Braid” has how many strands?  
   a) Two  b) Three  
   c) Four  d) None of the above  
   Answer _____  (B)

805. Inverted braids are also known as:  
   a) Two strand braids  b) Four strand braids  
   c) Invisible braids  d) None of the above  
   Answer _____  (C)

806. A 3 strand braid using the under-hand technique is also known as:  
   a) Visible braid  b) Invisible braid  
   c) 3 strand braid  d) Inverted braid  
   Answer _____  (A)

807. The corrective make-up color used to correct/camouflage a sallow complexion:  
   a) Violet  b) Gold  
   c) Green  d) Red  
   Answer _____  (B)

808. A ruddy (red) complexion could be improved with the use of:  
   a) Violet  b) Gold  
   c) Green  d) Red  
   Answer _____  (C)

809. A gray, ashen pallor can be covered up by use of:  
   a) Violet  b) Gold  
   c) Green  d) Red  
   Answer _____  (B)

810. A chalky (white) complexion can best be camouflaged by the use of:  
   a) Violet  b) Gold  
   c) Green  d) Red  
   Answer _____  (B)

811. An eyebrow pencil should be sharpened:  
   a) Before every usage  b) Before and after every usage  
   c) After each client  d) Whenever needed  
   Answer _____  (B)

812. After tweezing a client’s eyebrows, you should:  
   a) Apply moisturizer  b) Apply toner  
   c) Apply powder  d) Apply astringent  
   Answer _____  (D)

813. Eye shadow concentrated at the outer most corner of the lid will cause the eyes to appear:  
   a) Closer together  b) Further apart  
   c) Larger  d) Smaller  
   Answer _____  (B)

814. Eye shadow concentrated at the inner most corner of the lid will cause the eyes to appear:  
   a) Closer together  b) Further apart  
   c) Larger  d) Smaller  
   Answer _____  (A)

815. To correct very close set eyes, and make them appear further apart, the make-up artist will probably apply shadow:  
   a) At the outer corner of the upper lid  b) At the inner portion of the lid  
   c) Evenly across the upper eyelid  d) At the center of the upper lid  
   Answer _____  (A)
816. To correct very wide set eyes, and make them appear closer together, the make-up artist will probably apply shadow:
   a) At the outer corner of the upper lid
   b) At the inner portion of the lid
   c) Evenly across the upper eyelid
   d) At the center of the upper lid
   Answer _____ (B)

817. Application of individual false eyelashes should begin:
   a) At the center of the eye and move outwards
   b) At the inner corner of the eye
   c) At the center of the eye and move inwards
   d) At the outer corner of the eye
   Answer _____ (A)

818. The application of individual false eyelashes is often referred to as:
   a) Eye banding
   b) Eye tabbing
   c) Artifice
   d) All of the above
   Answer _____ (B)

819. Another name for strip lashes is:
   a) Banded lashes
   b) Individual lashes
   c) Attached lashes
   d) None of the above
   Answer _____ (D)

820. Eye tabbing is a process involving the application of:
   a) Banded artificial lashes
   b) Single individual lashes
   c) Human hair lashes
   d) Both B and C
   Answer _____ (B)

821. When applying false eyelashes, because of the adhesive used, it is advisable to:
   a) Ask client about any allergies
   b) Give a P.D. test and wait 2 – 4 hours
   c) Give a P.D. test and wait 24 - 48 hours
   d) Have client sign a release form
   Answer _____ (C)

822. In removing band / strip eyelashes:
   a) Peel quickly from the outer corner
   b) Peel slowly from the inner corner
   c) Peel slowly & gently from outer corner
   d) Peel quickly from inner corner
   Answer _____ (C)

823. When shaping eyebrows using tweezers, in what direction should the hairs be removed?
   a) In the direction of the hair growth
   b) Against the direction of hair growth
   c) In an upward direction
   d) In a downward direction
   Answer _____ (A)

824. In a make-up application, what is considered the “ideal” shaped face:
   a) Triangle
   b) Diamond
   c) Oval
   d) Round
   Answer _____ (C)

825. What facial shape are most professional make-up artists trying to mimic or create?
   a) Triangle
   b) Diamond
   c) Oval
   d) Round
   Answer _____ (C)

826. In the “heart shaped” face, the greatest width will be found:
   a) At the temples
   b) At the cheek bones
   c) At the jaw line
   d) At the chin
   Answer _____ (A)

827. In the “diamond shaped” face, the greatest width will be found:
   a) At the temples
   b) At the cheek bones
   c) At the jaw line
   d) At the chin
   Answer _____ (B)

828. In the “diamond shaped” face, the greatest width will be found:
   a) At the zygomatic bone
   b) At the cheek bones
   c) At the malar bone
   d) All of the above
   Answer _____ (D)

829. From highest to lowest, decontamination is as follows:
   a) Sanitation, disinfection, sterilization
   b) Sterilization, disinfection, sanitation
   c) Sanitation, sterilization, disinfection
   d) Sterilization, sanitation, disinfection
   Answer _____ (B)

830. From lowest to highest, decontamination is as follows:
   a) Sanitation, disinfection, sterilization
   b) Disinfection, sanitation, sterilization
   c) Sanitation, sterilization, disinfection
   d) Sterilization, sanitation, disinfection
   Answer _____ (A)
831. To reduce the width of an overly broad nose, you would apply: Answer _____ (B)  
   a) Lighter shade of bridge of nose  
   b) Darker shade on sides of nose  
   c) Darker shade on bridge of nose  
   d) Lighter shade on bridge of nose

832. Bacteriology is the science dealing with the study of: Answer _____ (D)  
   a) The microscopic anatomy of cells  
   b) Diseases  
   c) Control of infectious diseases  
   d) Micro-organisms

833. If a client has a round face, the professional make-up artist will try to: Answer _____ (B)  
   a) Create the illusion of a squarer, more full contour, at the jaw-line  
   b) Make the face appear longer (oval) with less width at the center  
   c) Accentuate other features than the roundness of the face  
   d) Work with what they have

834. Bacteria are also known as: Answer _____ (C)  
   a) Germs  
   b) Microbes  
   c) Germs & Microbes  
   d) All of the above

835. Decontamination refers to: Answer _____ (D)  
   a) Sanitation  
   b) Sterilization  
   c) Disinfection  
   d) All of the above

836. _________ is the highest form of decontamination: Answer _____ (D)  
   a) Sanitation  
   b) Disinfection  
   c) Decontamination  
   d) Sterilization

837. _________ is the lowest form of decontamination: Answer _____ (A)  
   a) Sanitation  
   b) Disinfection  
   c) Decontamination  
   d) Sterilization

838. _________ is the level of decontamination required in a spa or salon setting: Answer _____ (B)  
   a) Sanitation  
   b) Disinfection  
   c) Decontamination  
   d) Sterilization

839. _________ is the level of decontamination required for doctors, hospitals, or dentists: Answer _____ (D)  
   a) Sanitation  
   b) Disinfection  
   c) Decontamination  
   d) Sterilization

840. What is the recommended strength of Quats for the salon & spa industry? Answer _____ (B)  
   a) 1 : 10,000  
   b) 1 : 1,000  
   c) 1 : 100  
   d) 50% quats, with 50 % distilled water

841. How long must implements remain submerged in Quats to be sanitized? Answer _____ (A)  
   a) 10 minutes  
   b) 20 minutes  
   c) 60 minutes  
   d) At least 2 hours

842. High quality Quats (quaternary ammonium compounds) is / are: Answer _____ (D)  
   a) Viracides  
   b) Fungicides  
   c) Bactericides  
   d) All of the above

843. A hospital grade germicide must be a viracidal, bactericidal, fungicidal, and: Answer _____ (A)  
   a) Tuberculocidal  
   b) Anti-viral  
   c) Psumonicidal  
   d) Stericidal

844. Which method of sterilization is commonly used in the salon & spa industry: Answer _____ (A)  
   a) Chemical  
   b) Dry heat  
   c) Wet heat  
   d) High frequency
845. In addition to, or instead of, Quats; what other product will effectively sanitize tools:  
   a) Alcohol  
   b) Acetyl alcohol  
   c) Creosol  
   d) Formalin  

Answer _____ (D)

846. Implements that have been cleansed, and are ready for use, should be kept in a:  
   a) Closed container  
   b) Sealed container  
   c) Wet sanitizer  
   d) Dry sanitizer  

Answer _____ (D)

847. Using darker foundation colors in corrective make-up will do which of the following:  
   a) Undesired features appear more noticeable  
   b) Cause all features to blend better  
   c) Draw attention away from undesirable features  
   d) Undesirable features are less noticeable  

Answer _____ (D)

848. To make a large prominent nose appear smaller, you would:  
   a) Apply lighter foundation at the front / bridge of the nose  
   b) Apply darker foundation at the bridge and a lighter one at the tip  
   c) Apply a lighter foundation along the sides of the nose  
   d) Apply a darker foundation at the bridge, tip, and sides of the nose  

Answer _____ (D)

849. What is the level of decontamination required wherever blood is regularly drawn:  
   a) Sanitation  
   b) Disinfection  
   c) Decontamination  
   d) Sterilization  

Answer _____ (D)

850. When stored together, sodium bromate and ammonia are combustible and may produce:  
   a) Highly unpleasant odors  
   b) Fire  
   c) Toxic fumes  
   d) All of the above  

Answer _____ (D)

851. Pediculosis refers to:  
   a) Lice  
   b) Head lice  
   c) Athletes Foot  
   d) The itch-mite  

Answer _____ (A)

852. Pediculosis capitis refers to:  
   a) Lice  
   b) Head lice  
   c) Athletes Foot  
   d) The itch-mite  

Answer _____ (B)

853. Tinea refers to, or is also known as:  
   a) Lice  
   b) Head lice  
   c) Ringworm  
   d) Ringworm of the scalp  

Answer _____ (C)

854. Tinea capitis refers to:  
   a) Lice  
   b) Head lice  
   c) Ringworm  
   d) Ringworm of the scalp  

Answer _____ (D)

855. A common affliction caused by Tinea Pedis or Ringworm is:  
   a) Dandruff  
   b) Lice  
   c) Athletes Foot  
   d) Warts  

Answer _____ (C)

856. Products are often placed in cobalt blue or amber colored bottles for what reason:  
   a) Past practice  
   b) Protect contents from light  
   c) Protect contents from heat  
   d) None of the above  

Answer _____ (B)

857. Which of the following terms are used to mean unsanitary conditions?  
   a) Aseptic  
   b) Septic  
   c) Antiseptic  
   d) Contra-septic  

Answer _____ (B)

858. Which of the following terms are used to mean sanitary conditions?  
   a) Aseptic  
   b) Septic  
   c) Antiseptic  
   d) Contra-septic  

Answer _____ (A)
859. If the State Board Inspector gave you a failing grade because your implements were unclean and stored in an unsanitary manner, this would mean they were:   
   a) Aseptic  
   b) Septic  
   c) Antiseptic  
   d) Contra-septic   Answer _____ (B)

860. If an object is free from pathogenic bacteria, it is said to be:   
   a) Decontaminated  
   b) Septic  
   c) Aseptic  
   d) Sterilized   Answer _____ (C)

861. Sodium Hypochlorite, is more commonly known as:   
   a) Sodium hypochlorite  
   b) Calcium hypochlorite  
   c) Permanganate  
   d) Bleach   Answer _____ (D)

862. Caustic is a term that refers to:   
   a) Fumigants  
   b) Toxic vapors  
   c) Burn  
   d) Powder   Answer _____ (C)

863. Bleach is a very effective disinfectant for:   
   a) Bleach is not an effective disinfectant  
   b) Plastic implements  
   c) Laundry (including towels and capes),  
   d) None of the above   Answer _____ (C)

864. Blood platelets are colorless cells that help in blood clotting, they are also known as:   
   a) Lymphocytes  
   b) Thrombocytes  
   c) Erythrocytes  
   d) Leukocytes   Answer _____ (B)

865. This is a colorless -/slightly yellow liquid found in blood plasma:   
   a) Plasma  
   b) Hemoglobin  
   c) Platelets  
   d) Lymph   Answer _____ (D)

866. Ultra violet sanitizers are very effective when used in what capacity:   
   a) To disinfect implements  
   b) To sanitize implements  
   c) Store previously disinfected implements  
   d) They are not effective   Answer _____ (C)

867. The process that effectively kills any transmissible agents (fungi, spores, bacteria, viruses, spore forms, etc.) from food, surfaces or equipment:   
   a) Disinfection  
   b) Sanitation  
   c) Decontamination  
   d) Sterilization   Answer _____ (D)

868. The process where the body produces antibodies to fight infection is known as:   
   a) Immunity  
   b) Active or natural immunity  
   c) Passive or acquired immunity  
   d) Pathogenic encapsulation   Answer _____ (B)

869. When the body relies on the injection of antibodies from another source to fight infection:   
   a) Immunity  
   b) Active or natural immunity  
   c) Passive or acquired immunity  
   d) Pathogenic encapsulation   Answer _____ (C)

870. Hydrogen Peroxide in different strengths has which of the following actions:   
   a) 2% is used to cleanse the skin  
   b) 10 v. is used as a deposit only  
   c) 6% and above is used to lift and deposit  
   d) All of the above   Answer _____ (D)

871. Plastic combs and metal shears should not be placed in bleach because bleach is:   
   a) Non-corrosive  
   b) Not a suitable disinfectant  
   c) Corrosive  
   d) Toxic   Answer _____ (C)

872. Disinfection means to:   
   a) Kill / eliminate microorganism on a surface  
   b) Substantially reduce the number of pathogens  
   c) All of the above  
   d) None of the above   Answer _____ (A)
873. A disease which can be spread to others is known as:
   a) Contagious
   b) Communicable
   c) Pathogenic
   d) Common

Answer _____ (B)

874. Bacteria may be broadly classified into two groups:
   a) Bacterial and Viral
   b) Communicable and non-communicable
   c) Pathogenic and non-pathogenic
   d) Contagious and non-contagious

Answer _____ (C)

875. The vast majority of bacteria are:
   a) Pathogenic
   b) Communicable
   c) Contagious
   d) Non-pathogenic

Answer _____ (D)

876. Pathogenic bacteria are:
   a) Harmless saprophytes
   b) Harmful and disease producing
   c) The majority of all bacteria
   d) Difficult to destroy

Answer _____ (B)

877. How many bones are found in the hand (fingers/digits and palm/carpus):
   a) 14
   b) 5
   c) 19
   d) 26

Answer _____ (C)

878. Which process of cleaning implements is generally not used by the stylist?
   a) Sanitation
   b) Disinfection
   c) Sterilization
   d) They are all required

Answer _____ (C)

879. A person who has a disease, is contagious, and yet shows no symptoms of that disease is:
   a) Symptomatic
   b) Asymptomatic
   c) Communicable
   d) A carrier

Answer _____ (B)

880. Cocci bacteria are what shape:
   a) Spiral or corkscrew
   b) Round
   c) Rod
   d) Can be all of the above

Answer _____ (B)

881. Bacilli bacteria are what shape:
   a) Spiral or corkscrew
   b) Round
   c) Rod
   d) Can be all of the above

Answer _____ (C)

882. Spirilla bacteria are what shape:
   a) Spiral or corkscrew
   b) Round
   c) Rod
   d) Can be all of the above

Answer _____ (A)

883. Of the three types of bacteria studied, which two are motile / mobile?
   a) Bacilli & Spirilla
   b) Cocci & Bacilli
   c) Cocci & Spirilla
   d) All of the above

Answer _____ (A)

884. Both motile, bacilli and spirilla are able to move about by use of:
   a) Cilia
   b) Flagella
   c) Cilia and Flagella
   d) Conjunctivitis

Answer _____ (C)

885. 3% H2O2 is used as a / an:
   a) Antiseptic
   b) Disinfectant
   c) Fumigant
   d) Sterilizer

Answer _____ (A)

886. Unclean implements, particularly brushes/combs, are likely to spread:
   a) Tinea
   b) Pediculosis
   c) Onychia
   d) Onychophagy

Answer _____ (B)

887. Conjunctivitis, Tinea, Scabies, Pediculosis, and the common cold are all conditions
   that will prevent the cosmetologist from working, these conditions are considered:
   a) Non-pathogenic conditions
   b) Pathogenic conditions
   c) Infectious diseases
   d) Contagious or communicable diseases

Answer _____ (D)
888. Bacteria that do not cause/spread disease and live on dead matter, are called: 
   a) Parasites  
   b) Saprophytes  
   c) Pathogenic 
   d) Prions  
Answer _____  (B)

889. Bacteria that live on dead matter and use it for energy are called: 
   a) Parasites  
   b) Non-pathogenic / saprophytes  
   c) Pathogenic  
   d) Prions  
Answer _____  (B)

890. Pimples, boils, and carbuncles that contain pus, are all examples of: 
   a) A general or blood borne infection  
   b) A local infection  
   c) A saprophytic infection  
   d) Nevus flammeus  
Answer _____  (B)

891. A bacterial or viral infection, carried by the blood, throughout the body: 
   a) A general or blood borne infection  
   b) A local infection  
   c) A saprophytic infection  
   d) Nevus flammeus  
Answer _____  (A)

892. When conditions are optimal for bacterial growth and reproduction (warm damp, etc.): 
   a) Inactive or spore forming  
   b) Active or vegative/vegetative  
   c) Dormant  
   d) None of the above  
Answer _____  (B)

893. When conditions for growth and reproduction are poor, the bacteria will protect itself, and this stage is referred to as: 
   a) Inactive or spore forming  
   b) Active or vegative/vegetative  
   c) Dormant  
   d) None of the above  
Answer _____  (A)

894. Which bacterial form/s can produce spores when survival conditions become difficult? 
   a) Cocci  
   b) Bacilli  
   c) Spirilla  
   d) All of the above  
Answer _____  (B)

895. Phalanges are: 
   a) The bones of the fingers & toes  
   b) Fingers  
   c) Carpal  
   d) The 8 bones of the wrist collectively  
Answer _____  (A)

896. The term phalanges may also refer to: 
   a) Hands  
   b) Knuckles  
   c) Toes  
   d) Wrists  
Answer _____  (B)

897. The 8 bones of the wrist are called: 
   a) Knuckles  
   b) Fingers  
   c) Carpal  
   d) The 8 bones of the wrist collectively  
Answer _____  (C)

898. Carpal refers to: 
   a) The 14 bones of the hands  
   b) The 14 knuckles of the feet  
   c) The 28 knuckles of the hands & feet  
   d) The 8 bones of the wrist  
Answer _____  (D)

899. Refers to the growth of dark, coarse hair, in areas where usually hair does not grow: 
   a) Alopecia Aerate  
   b) Hirsutism  
   c) Hypertrichosis  
   d) Both B and C  
Answer _____  (D)

900. Hypertrichosis and Hirsutism both describe a condition of superfluous hair wherein: 
   a) There is minimal growth of unwanted hair  
   b) There is unwanted hair growth  
   c) There is no hair growth / alopecia  
   d) There is excessive growth of unwanted hair  
Answer _____  (D)

901. The study that deals with the structures of the body is: 
   a) Biology  
   b) Dermatology  
   c) Physiology  
   d) Anatomy  
Answer _____  (D)

902. The study that deals with the functions of the body is: 
   a) Biology  
   b) Dermatology  
   c) Physiology  
   d) Anatomy  
Answer _____  (C)
903. Voluntary muscles are also referred to as:  
   a) Non-striated  
   b) Striated  
   c) Cardiac  
   d) Pulmonary  

904. Which of the following is not a section of a muscle:  
   a) Belly  
   b) Distal  
   c) Origin  
   d) Insertion  

905. The fixed / non-movable attachment of a muscle is called:  
   a) Tendon  
   b) Insertion  
   c) Muscle band  
   d) Origin  

906. The portion of the muscle attached to the bone (known as the “Fixed” attachment):  
   a) Belly  
   b) Zygomaticus  
   c) Origin or Proximal  
   d) Insertion  

907. The portion of the muscle furthest from the “Fixed” attachment / bone, is the:  
   a) Belly  
   b) Zygomaticus  
   c) Origin or Proximal  
   d) Insertion or Distal  

908. Two or more cells working together to perform a specialized function:  
   a) Tissue  
   b) Daughter cells  
   c) Prions  
   d) Malar cells  

909. Two or more types of tissues working together to perform a specialized function:  
   a) Organ  
   b) Tissue  
   c) Zygomaticus  
   d) Autonomic tissues  

910. Involuntary muscles are also referred to as:  
   a) Non-striated  
   b) Striated  
   c) Cardiac  
   d) Pulmonary  

911. Greasy / waxy dandruff is known as:  
   a) Pityriasis  
   b) Pityriasis capitis simplex  
   c) Pityriasis dermatitus  
   d) Pityriasis steatoidas  

912. Dry and/or flaky dandruff is known as:  
   a) Pityriasis  
   b) Pityriasis capitis simplex  
   c) Pityriasis dermatitus  
   d) Pityriasis steatoidas  

913. The nerves that carry impulses towards the brain are known as:  
   a) Autonomic nerves  
   b) Afferent nerves  
   c) Efferent nerves  
   d) Peripheral nerves  

914. Nerves that carry impulses away from the brain to the targeted muscles are known as:  
   a) Autonomic nerves  
   b) Peripheral nerves  
   c) Efferent nerves  
   d) Sensory nerves  

915. A perm rod is also known as a:  
   a) Rasp  
   b) Curette  
   c) Tool  
   d) None of the above  

916. Alkaline waves should be applied with:  
   a) Exothermic heat  
   b) Endothermic heat  
   c) No heat  
   d) All of the above  

917. On which part of your razor does your little finger rest?  
   a) Pivot Screw  
   b) Tang  
   c) Blade  
   d) Finger brace/guard
918. On which part of your cutting shears does your little finger rest? Answer _____ (D)
   a) Pivot Screw
   b) Tang
   c) Blade
   d) Finger brace/guard

919. The brain and spinal cord are part of what nervous system? Answer _____ (C)
   a) Sensory / Afferent
   b) Motor / Efferent
   c) Central
   d) Cerebral

920. In a waxing procedure, the cooled / hardened wax should be removed: Answer _____ (D)
   a) In same direction as hair growth
   b) Rapidly
   c) In the opposite direction of hair growth
   d) Both B and C

921. Another name for the Zygomatic or Malar bone is the: Answer _____ (B)
   a) Jaw bone
   b) Cheek bone
   c) Breast bone
   d) Hyoid bone

922. Myology is the study of: Answer _____ (D)
   a) Selfishness
   b) Ancient belief systems
   c) Hearing
   d) Muscles and muscle tissue

923. The fixed attachment of a muscle is called: Answer _____ (D)
   a) Tendon
   b) Insertion
   c) Muscle band
   d) Origin

924. Osteology refers to the study of: Answer _____ (D)
   a) Muscles
   b) Eyes
   c) Hair
   d) Bones

925. The blood vessels carrying blood away from the heart and out towards the body: Answer _____ (D)
   a) Pulmonaries
   b) Veins
   c) Capillaries
   d) Arteries

926. Involuntary muscles (heart, lungs, etc.) are controlled by what nervous system? Answer _____ (B)
   a) Automatic
   b) Autonomic
   c) Sympathetic
   d) Mixed nervous system

927. The growth pattern of hair is determined in the: Answer _____ (C)
   a) Papilla
   b) Root
   c) Follicle
   d) Bulb

928. Another term for an alkaline is a: Answer _____ (B)
   a) Acid
   b) Base
   c) Prion
   d) Compound

929. What effect does acid have on the hair? Answer _____ (B)
   a) Soften and swell
   b) Shrink and harden
   c) Soften and shrink
   d) Shrink and swell

930. The concentration of Hydrogen ions in a solution, suspension, or emulsion is called: Answer _____ (A)
   a) pH
   b) CO2
   c) NaCl
   d) H2O

931. If a solution has less Hydroxy atoms than it has Hydrogen atoms, it is a / an: Answer _____ (B)
   a) Alkali
   b) Acid
   c) Suspension
   d) Alkaline

932. If a solution has more Hydroxy atoms than it has Hydrogen atoms, it is a / an: Answer _____ (A)
   a) Alkali
   b) Acid
   c) Suspension
   d) Alkalizer
933. If the cuticle of the hair is closed, what effect will this create?  Answer _____ (C)
   a) Tangles                      b) Dull
   c) Shiny                        d) Lifeless and without body

934. If the cuticle of the hair is open, this will create what effect?  Answer _____ (B)
   a) Tangles                      b) Dull
   c) Shiny                        d) Lifeless and without body

935. Which of the following products are acids?  Answer _____ (C)
   a) Ammonium thioglycolate       b) Sodium hydroxide
   c) Vinegar                      d) Sodium hypochlorite

936. A vinegar rinse will remove residual soap from the hair’s cuticle and:
   Answer _____ (B)
   a) Open it and add body         b) Close it and add shine / luster
   c) Close it and make it look dull d) Will have different effect on different hair

937. An acid rinse can be used to do which of the following:
   Answer _____ (B)
   a) Open the cuticle and add volume b) Close the cuticle and add shine
   c) Close the cuticle to add volume d) Will have different effect on different hair

938. An oxidizing solution might contain all the following except:
   Answer _____ (C)
   a) Sodium hydroxide             b) H2O2
   c) Conditioners                 d) H2O

939. A humectant might best be described as:
   Answer _____ (B)
   a) A substance that repels moisture b) Substance that attracts and absorbs water
   c) A sudsing agent used in shampoos d) A degreasing agent

940. A common example of a widely used humectant is:
   Answer _____ (D)
   a) Propylene glycol              b) Sorbitol
   c) Glycerin                     d) All of the above

941. A commonly used ingredient in skin care products used to moisturize the skin is:
   Answer _____ (D)
   a) Sodium                      b) Benzene
   c) Coal tar                    d) Glycerin

942. A substance which dissolves another substance is referred to as a / an:
   Answer _____ (D)
   a) Solution                     b) Suspension
   c) Emulsion                    d) Solvent

943. The term “solute” refers to:
   Answer _____ (A)
   a) The dissolved substance      b) The substance acting as the dissolver
   c) Either A or B                d) None of the above

944. A mixture of two or more immiscible substances, joined together with the aid of a binder:
   Answer _____ (C)
   a) Mixture                      b) Colloid
   c) Emulsion                    d) Suspension

945. Another name for a “binder” holding two or more immiscible substances together:
   Answer _____ (D)
   a) Solution                     b) Solute
   c) Colloid                      d) Emulsifier

946. Common salon emulsions include:
   Answer _____ (B)
   a) Hydrogen Peroxide            b) Conditioners
   c) Bleach                       d) Hair color

947. Common salon emulsions include:
   Answer _____ (B)
   a) H2O2                         b) Creams
   c) Bleach                       d) H2O
948. The concentration of Hydrogen ions in a solution, suspension, or emulsion is called:  Answer _____ (A)
   a) pH  b) CO2  c) NaCl  d) H2O

949. If a solution has less Hydroxy atoms than it has Hydrogen atoms, it is a / an:  Answer _____ (B)
   a) Alkali  b) Acid  c) Suspension  d) Solution

950. If a solution has more Hydroxy atoms than it has Hydrogen atoms, it is a / an:  Answer _____ (A)
   a) Alkali  b) Acid  c) Suspension  d) Solution

951. A blended mixture containing particles that often settle to the bottom upon standing:  Answer _____ (B)
   a) Solution  b) Suspension  c) Emulsion  d) Colloid

952. Common “oil & vinegar” salad dressing is an example of a / an:  Answer _____ (B)
   a) Solution  b) Suspension  c) Emulsion  d) Colloid

953. Miscible is another term for:  Answer _____ (D)
   a) Non-mixable  b) Colloids  c) Surfactants  d) Mixable

954. If liquids cannot be mixed, they are said to be:  Answer _____ (C)
   a) Miscible  b) Oil and water  c) Immiscible  d) None of the above

955. An example of immiscible liquids is:  Answer _____ (C)
   a) Coffee and cream  b) Alcohol and water  c) Oil and water  d) Milk and juice

956. The term “Surfactant” is short for:  Answer _____ (D)
   a) Surface wetting agent  b) Surface active ingredient  c) Surface active emulsifier  d) Surface active agent

957. Surfactants function as:  Answer _____ (B)
   a) Emulsions  b) Emulsifiers  c) Both A and B  d) None of the above

958. The term “Hydrophilic” most nearly means:  Answer _____ (C)
   a) Attracted to oil or oil loving  b) Repelled by oil or oil hating  c) Attracted to water or water loving  d) Repelled by water or water hating

959. The term “Lipophilic” most nearly means:  Answer _____ (A)
   a) Attracted to oil or oil loving  b) Repelled by oil or oil hating  c) Attracted to water or water loving  d) Repelled by water or water hating

960. This change occurs from a blow dry, a curling iron, a hot iron, or a hair press:  Answer _____ (A)
   a) Physical  b) Chemical  c) Achromatic  d) Monochromatic

961. A permanent hair-color followed by a wet set, is an example of what type of change/s:  Answer _____ (B)
   a) Physical and chemical  b) Chemical and physical  c) Physical  d) Achromatic

962. A change in the way a product looks without the formation of a new product is a:  Answer _____ (D)
   a) Chemical change  b) Achromatic change  c) Compound change  d) Physical change
963. A change in the composition of a substance wherein a new substance is formed: Answer _____ (A)
a) Chemical change b) Non-chemical change
c) Compound change d) Physical change

964. The change in water from a liquid to a solid or to a gas, is an example of: Answer _____ (C)
a) Chemical change b) Compound change
c) Physical change d) Apparent change

965. Permanent hair-color change is an example of what type of change? Answer _____ (B)
a) Physical b) Chemical
c) Achromatic d) Monochromatic

966. In an “oil-in-water” emulsion, the ratio of oil to water would be: Answer _____ (A)
a) Small amount of oil , large amount of H2O b) Large amount of oil, small amount of H2O
c) Equal amount of oil and water d) Larger amounts of oil in semi-solids

967. In a “water-in-oil” emulsion, the ratio of oil to water would be: Answer _____ (B)
a) Small amount of oil, large amount of H2O b) Large amount of oil, small amount H20
c) Equal amount of oil and H2O d) Larger amounts of oil in semi-solids

968. Often used in place of ammonia to raise the pH of products (no unpleasant odor)? Answer _____ (D)
a) Alcohol b) Acid
c) VOC’s (volatile organic compounds) d) Alkalonamines

969. What is considered to be the universal solvent? Answer _____ (D)
a) H2O2 (hydrogen peroxide) b) CO2 (carbon dioxide)
c) NaCl (salt) d) H2O (water)

970. Water, acetone, and alcohol are all common salon examples of: Answer _____ (C)
a) Solutions b) Suspensions
c) Solvents d) Mixtures

971. A mixture of two or more substances, where the particles dissolve and remain dissolved: Answer _____ (A)
a) Solution b) Suspension
c) Colloid d) Emulsion

972. The study of matter that is alive, or was alive at some point in time, is called: Answer _____ (C)
a) Inorganic chemistry b) Botany
c) Organic chemistry d) Zoology

973. Machine made wigs are: Answer _____ (A)
a) Capless b) Synthetic hair
c) Cap d) Remy hair

974. Common salon examples of colloids are: Answer _____ (B)
a) H2O2 b) Creams
c) Bleach d) Hair color

975. If a mixture contains particles larger than those found in a solution, it is referred to as a: Answer _____ (D)
a) Solution b) Suspension
c) Compound d) Colloid

976. When you shake a bottle and watch as some of its contents settle to the bottom, this is a: Answer _____ (B)
a) Solution b) Suspension
c) Emulsion d) Mixture

977. Common emulsions used in the salon & spa industry are: Answer _____ (C)
a) Astringents & Antiseptics b) H2O and Quats
c) Oil & Water d) H2O & H2O2
978. Face cream is a good example of:  
   a) An emulsion  
   b) A mixture  
   c) A Solution  
   d) A solvent  

979. A common reducing agent found in the salon is:  
   a) Relaxer  
   b) Thio  
   c) H2O2  
   d) Quats  

980. Antioxidants are often added to prevent spoilage in:  
   a) Hair care products  
   b) Food stuffs  
   c) Cosmetics  
   d) All of the above  

981. The chemical element, the presence of which, separates organic from inorganic, is:  
   a) Nitrogen  
   b) Carbon  
   c) Hydrogen  
   d) Zinc  

982. On easy way to test for the presence of carbon is that carbon:  
   a) Will burn  
   b) Will not burn  
   c) Has a very low burn temperature  
   d) Will melt, but not burn  

983. The study of matter that is alive, or was alive at some point in time, is called:  
   a) Biology  
   b) Chemistry  
   c) Organic Chemistry  
   d) Inorganic chemistry  

984. The study of matter that is not alive, nor was ever alive, is called:  
   a) Biology  
   b) Chemistry  
   c) Organic Chemistry  
   d) Inorganic chemistry  

985. Matter containing carbon is studied by which branch of science?  
   a) Inorganic chemistry  
   b) Zoology  
   c) Micro-chemistry  
   d) Organic chemistry  

986. A softening and swelling of the hair will occur when which of the following is applied:  
   a) Acid  
   b) Base  
   c) H2O2  
   d) Vinegar  

987. Which of the following is another term for alkaline?  
   a) Alkali  
   b) Base  
   c) Acid  
   d) Both A and B  

988. Which of the following is another term for a “base” product?  
   a) Alkali  
   b) Alkaline  
   c) Acid  
   d) Both A and B  

989. Which of the following is another term for an alkali?  
   a) Base  
   b) Alkaline  
   c) Acid  
   d) Both A and B  

990. NaCl (table salt) is a compound formed by:  
   a) The joining of an acid and a base  
   b) The joining of an acid and an alkali  
   c) The joining of an acid and an alkaline  
   d) All of the above  

991. A common compound formed by an acid and a base is:  
   a) NaCl  
   b) Helium  
   c) Carbon  
   d) Water  

992. This type of change occurs when you change the way matter looks (water into steam):  
   a) Chemical  
   b) Physical  
   c) Mechanical  
   d) Compound
993. This type of change occurs when you change the matter to form a new substance: Answer _____ (A)
   a) Chemical                                      b) Physical
   c) Mechanical                                    d) Compound

994. Which of the following should not be used on a pregnant client? Answer _____ (A)
   a) Tesla / high frequency / violet ray       b) Red light
   c) Blue light                                 d) White light

995. When matter is altered in such a way that it produces a totally new substance, this is a: Answer _____ (A)
   a) Chemical change                             b) Physical change
   c) Mechanical change                           d) Compound

996. When matter is altered such that it looks different (water into ice or steam), this is a: Answer _____ (B)
   a) Chemical change                             b) Physical change
   c) Mechanical change                           d) Compound

997. Which of the following is not a form of high frequency current: Answer _____ (C)
   a) Oudin                                        b) Tesla
   c) Auricular                                   d) D’Arsonval

998. When used in skin care, high frequency will produce a: Answer _____ (B)
   a) Stimulating effect                          b) Germicidal effect
   c) Firming effect                              d) Anti-viral effect

999. Because of its germicidal effect, high frequency may be useful in the treatment of: Answer _____ (D)
   a) Dry skin                                    b) Milia
   c) Comedones                                   d) Acne

1,000. In a facial, high frequency current produces germicidal effects (good for acne), but it should not be used on the skin in excess of: Answer _____ (A)
   a) 5 minutes                                   b) 10 minutes
   c) 15 minutes                                  d) 20 minutes
********** Practice Exam 1 **********

1. A fold of skin overlapping both sides of the nail, may extend as far as the first knuckle: Answer _____  (C)
   a) Nail wall       b) Nail groove
   c) Eponychium       d) Pterygium

2. The area from the nail root to the free edge, contains no blood vessels / nerves: Answer _____  (D)
   a) Nail plate       b) Nail bed
   c) Nail body       d) Both A and C

3. Onychophagy refers to: Answer _____  (A)
   a) Bitten nails       b) Split nails
   c) Club nails       d) Brittle nails

4. The technical term for bitten nails is: Answer _____  (D)
   a) Pterygium                                              b) Leukoderma
   c) Onychia                                                 d) Onychophagy

5. Improper trimming of the toe-nails may result in: Answer _____  (D)
   a) Athlete’s foot                                        b) Onychophagy
   c) Perionychium                                       d) Onychocryptosis

6. High quality brushes used to fashion acrylic nails are usually made of: Answer _____  (C)
   a) Boar                                                  b) Plastic
   c) Sable                                                 d) Polyurethane

7. Which governmental agency mandates the use of a P.D. Test prior to using aniline tints: Answer _____  (C)
   a) EPA         b) OSHA
   c) FDA         d) DEA

8. Which governmental agency regulates cosmetics in the United States? Answer _____  (B)
   a) OSHA         b) FDA
   c) DEA         d) FAA

9. Which agency regulates & approves the efficacy of products used for infection control: Answer _____  (A)
   a) EPA       b) FDA
   c) USPS       d) OSHA

10. Which governmental agency enforces health and safety standards in the workplace: Answer _____  (D)
    a) IRS       b) FDA
    c) USPS       d) OSHA

11. “Fallen Hair” is: Answer _____  (D)
    a) Remy hair                                          b) Synthetic
    c) Very poor quality                              d) Non-Remy

12. The point where the nail enters the skin at the base of the nail is referred to as: Answer _____  (A)
    a) Eponychium                                      b) Hyponychium
    c) Perionychium                                    d) Nail groove

13. The tissue beneath the free edge of the nail (distal edge) is known as the: Answer _____  (B)
    a) Eponychium                                      b) Hyponychium
    c) Perionychium                                    d) Pterygium

14. Pterygium refers to: Answer _____  (A)
    a) Forward growth of the cuticle   b) Thickening of the nails
    c) White spots or streaks in the nails       d) Thinning of the nails
15. If a finger nail is lost / removed, approximately how long will it take to grow back?  
   a) 1 - 2 months  
   b) 3 - 6 months  
   c) 9 months  
   d) 9 - 12 months  

   Answer: (B)  

16. If lost, growth of a new nail plate / body, will take approximately how long:  
   a) 1 - 2 months  
   b) 2 - 3 months  
   c) 3 - 6 months  
   d) Nail body / plate will not grow back  

   Answer: (C)  

17. The root and the matrix are located in this pocket like section of the nail:  
   a) Mantle  
   b) Nail bed  
   c) Pterygium  
   d) Nail body  

   Answer: (A)  

18. Once destroyed, which part of the nail will not grow again?  
   a) Matrix  
   b) Nail bed  
   c) Nail wall  
   d) Nail groove  

   Answer: (A)  

19. On which part of your razor does your little finger rest?  
   a) Pivot Screw  
   b) Tang  
   c) Blade  
   d) Finger brace/guard  

   Answer: (B)  

20. The living cells of the hair are found:  
   a) In the hair shaft  
   b) In the hair bulb  
   c) In the cortex  
   d) In the medulla  

   Answer: (B)  

21. It is recommended that you cut extremely curly hair:  
   a) Wet  
   b) Dry  
   c) Dry cut after silking  
   d) Damp  

   Answer: (B)  

22. It is recommended that you cut kinky curly hair:  
   a) Wet  
   b) Dry before straightening  
   c) Dry after straightening  
   d) Damp  

   Answer: (C)  

23. When cutting extremely curly hair, it is best to avoid which of the following implements?  
   a) Shears  
   b) Clippers  
   c) Razors  
   d) Thinning shears  

   Answer: (C)  

24. When cutting a “cowlick”, what tension should be used?  
   a) Medium  
   b) Very little  
   c) High tension  
   d) No tension  

   Answer: (D)  

25. These hair-cutting lines are used to create a sense of weight and stability:  
   a) Diagonal  
   b) Vertical  
   c) Concave  
   d) Horizontal  

   Answer: (D)  

26. These hair-cutting lines are used to create a sense/illusion of movement:  
   a) Vertical  
   b) Diagonal  
   c) Horizontal  
   d) Weight lines  

   Answer: (B)  

27. In haircutting, elevation is used to create:  
   a) A weight line  
   b) Control  
   c) Layers  
   d) Movement  

   Answer: (C)  

28. In the “shears over comb” technique, the more angled the comb:  
   a) The longer the hair  
   b) The shorter the hair  
   c) The less control the stylist has  
   d) None of the above  

   Answer: (B)  

29. In the “shears over comb” technique, the less angled the comb:  
   a) The longer the hair  
   b) The shorter the hair  
   c) The less control the stylist has  
   d) None of the above  

   Answer: (A)
30. In the “shears over comb” technique, holding the comb flat against the head will:  
a) Make the hair longer  
b) Make the hair shorter  
c) Created a graduated or stacked look  
d) Provide more control to the stylist 

Answer _____  (A)

31. The most commonly used elevations in haircutting are:  
a) 0 degree and 45 degree  
b) 45 degree and 90 degree  
c) All of the above  
d) None of the above 

Answer _____  (B)

32. An angle below 90 degrees, is used primarily to:  
a) Decrease weight  
b) Build weight  
c) Decrease movement  
d) Increase movement 

Answer _____  (B)

33. Angles above 90 degrees are used to:  
a) Remove weight  
b) Add weight  
c) Build weight  
d) Both B and C 

Answer _____  (A)

34. A “Blunt Cut”, is sometimes referred to as:  
a) Zero elevation / degree  
b) Solid form  
c) One length  
d) All of the above 

Answer _____  (D)

35. Which of the following is correct with “double-notched” thinning/tapering shears:  
a) One blade is serrated, one is smooth  
b) Both blades are corrugated  
c) One blade is serrated, one is corrugated  
d) Both blades are serrated 

Answer _____  (D)

36. A blunt cut is a good technique for use with _____ hair:  
a) Thick hair  
b) Fine hair  
c) Curly hair  
d) Coarse hair 

Answer _____  (B)

37. Using “double-notched” shears will have which of the following effects:  
a) Remove more hair than double-notched  
b) Remove less hair than single-notched  
c) Remove virtually no hair  
d) Create a “spiked” look 

Answer _____  (B)

38. A uniformed layered cut (same length throughout) is cut at what angle / degree:  
a) 0  
b) 45  
c) 90  
d) 180 

Answer _____  (C)

39. A haircut using a 0 degree/angle is referred to as all of the following except:  
a) Wedge  
b) BOB  
c) Blunt cut  
d) Solid form 

Answer _____  (A)

40. Your client wants longer layers in a graduated cut, what angles / degrees would you use:  
a) 45 degrees  
b) A combination of 45 and 90 degrees  
c) 90 degrees  
d) 180 degrees 

Answer _____  (B)

41. Which angle / degree would create the longest possible layers in a client’s haircut:  
a) 45 degrees  
b) A combination of 45 and 90 degrees  
c) 90 degrees  
d) 180 degrees 

Answer _____  (D)

42. Which angles / degrees would provide the most movement?  
a) Zero degrees  
b) 45 degrees  
c) 90 degrees  
d) 180 degrees 

Answer _____  (D)

43. Type of guideline used in blunt cutting, or, to create a gradual increase in length:  
a) Traveling  
b) Stationary  
c) Permanent  
d) Temporary 

Answer _____  (B)

44. A light, stroking movement, applied with either the hand or the finger tip is called:  
a) Friction  
b) Effleurage  
c) Tapotement  
d) Petrissage 

Answer _____  (B)
45. A medium pressure, kneading or rolling motion is called: Answer _____ (D)
a) Friction b) Effleurage
c) Tapotement d) Petrissage

46. A gentle tapping motion using the finger tips and moving quickly across the face: Answer _____ (C)
a) Friction b) Effleurage
c) Tapotement d) Petrissage

47. Galvanic current will produce what effect on the skin: Answer _____ (D)
a) Mechanical b) Chemical
c) Germicidal d) Both A and B

48. Positive Galvanic current will have what effect on the skin? Answer _____ (A)
a) Acidify b) Soften
c) No effect d) Both A and B

49. Negative Galvanic current would have what effect on the skin? Answer _____ (D)
a) Acidify b) Harden
c) Contract d) Alkaline

50. Another name for Tesla (high frequency) current is: Answer _____ (B)
a) Blue ray b) Violet ray
c) Ultra violet ray d) Green ray

51. You have lightened your client’s hair from a Level 3 to a Level 6, what is the underlying exposed warm pigment and what is the correct Toner to create a neutral result: Answer _____ (A)
a) Orange / Blue b) Yellow / Violet
c) Red / Green d) None of the above

52. You have lightened your client’s hair from Level 5 to a Level 9, what is the underlying exposed warm pigment and what is the correct Toner to create a neutral result: Answer _____ (B)
a) Orange / Blue b) Yellow / Violet
c) Red / Green d) None of the above

53. You have lightened your client’s hair from Level 5 to Level 9, you then apply a blue based Toner, what is the result: Answer _____ (A)
a) Green b) Neutral
c) Blue d) None of the above

54. When giving a facial massage, the correct order of movement is: Answer _____ (C)
a) From origin to insertion b) From insertion to origin
c) From bottom to top d) From top to bottom

55. This is the least common skin type: Answer _____ (C)
a) Dry b) Oily
c) Normal d) Combination

56. The amount or number of hairs on a persons head, per square inch, is referred to as: Answer _____ (C)
a) Thickness b) Texture
c) Density d) Amount

57. The most commonly used current in the salon is: Answer _____ (A)
a) Galvanic b) High frequency
c) Faradic d) Tesla

58. Another term or expression meaning to “close the pores”, is: Answer _____ (B)
a) Open the pores or tissues b) Contract the pores or tissues
c) Relax the pores or tissues d) Contain the pores or tissues
59. What effect will acids tend to have on the pores?  Answer _____  (B)  
   a) Inflame them  b) Close or contract them  
   c) Soften them  d) Open them  

60. Astringents are generally used to:  Answer _____  (B)  
   a) Open the pores or tissues  b) Contract the pores or tissues  
   c) Relax the pores or tissues  d) Contain the pores or tissues  

61. Astringents are usually:  Answer _____  (D)  
   a) Alkaline  b) Base  
   c) Both A and B  d) Acid  

62. Styptics are astringents that are used to stop bleeding because they:  Answer _____  (B)  
   a) Open the pores or tissues  b) Contract the pores or tissues  
   c) Relax the pores or tissues  d) Contain the pores or tissues  

63. A neutralizer has which of the following actions on the hair?  Answer _____  (A)  
   a) Re-bond the hair into a new shape  b) Soften and shrink the hair bonds  
   c) Harden and swell the hair bonds  d) Open the cuticle  

64. Porosity refers to:  Answer _____  (C)  
   a) The hairs ability to repel moisture  b) The hairs ability to stretch without breaking  
   c) The hairs ability to absorb moisture  d) The hairs elasticity  

65. The pH scale, is a system designed to measure:  Answer _____  (D)  
   a) Potential Helium  b) Alkalinity and Base  
   c) Phenyl Hexachlorophenol  d) Alkalinity and Acidity  

66. The unit of measurement for electrical current is known as:  Answer _____  (A)  
   a) Watt  b) Volt  
   c) Ampere  d) Kilowatt  

67. The most common bacteria, produces diseases such as tetanus/lockjaw and typhoid fever:  Answer _____  (B)  
   a) Cocci  b) Bacilli  
   c) Diplococci  d) Spirilla  

68. The red dermal light is used to treat:  Answer _____  (B)  
   a) Aging skin  b) Dry skin  
   c) Oily skin  d) Normal skin  

69. The blue dermal light is used to treat:  Answer _____  (A)  
   a) Oily skin  b) Dry skin  
   c) Normal skin  d) Combination skin  

70. The white dermal light is used to treat:  Answer _____  (C)  
   a) Oily skin  b) Dry skin  
   c) Normal skin  d) Combination skin  

71. Which of the following lights is also referred to as a combination light:  Answer _____  (A)  
   a) White light  b) Blue light  
   c) Red light  d) Green light  

72. A material that allows or enhances the passage of electrical current through it is called:  Answer _____  (A)  
   a) A Conductor  b) An insulator  
   c) A Rectifier  d) None of the above  

73. Astringents usually have a pH that is:  Answer _____  (D)  
   a) Alkaline  b) Base  
   c) Invigorating  d) Acid  

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74. A material which prohibits the passage of electricity is: Answer _____ (B) 
   a) A Conductor  
   b) An insulator  
   c) A Rectifier  
   d) None of the above

75. All of the following are good examples of insulators except: Answer _____ (A) 
   a) H2O  
   b) Wood  
   c) Rubber  
   d) Glass

76. Wood, rubber, and glass are all examples of: Answer _____ (C) 
   a) Conductors  
   b) Rectifiers  
   c) Insulators  
   d) Hydrometers

77. Silk is an excellent: Answer _____ (C) 
   a) Conductor  
   b) Rectifier  
   c) Insulator  
   d) Reflector

78. Hair texture refers to: Answer _____ (C) 
   a) Density  
   b) Porosity  
   c) Diameter  
   d) Elasticity

79. When using a hot iron, curling the hair from the ends towards the scalp is referred to as: Answer _____ (B) 
   a) Spiral  
   b) Croquignole  
   c) Halo  
   d) None of the above

80. When using a hot iron, curling the hair from the scalp towards the ends is referred to as: Answer _____ (A) 
   a) Spiral  
   b) Croquignole  
   c) Halo  
   d) None of the above

81. In a roller set, a permanent wave, or with a curling iron, croquignole is winding: Answer _____ (B) 
   a) From the scalp out towards the end  
   b) From the ends towards the scalp  
   c) From the middle towards the scalp then incorporating the uncurled ends  
   d) Croquignole refers to a type of hot iron not a method of rolling

82. On base curls, whether achieved with a roller set or a hot tool, will result in: Answer _____ (D) 
   a) Least volume  
   b) Medium volume  
   c) Deep waves  
   d) Maximum volume

83. Half off-base, or half stem; effectively means the same thing, and will result in: Answer _____ (B) 
   a) Maximum volume  
   b) Medium volume  
   c) Minimal volume  
   d) Depends on roller size

84. Full stem (pin-curls), or off base (rollers), achieve the same result: Answer _____ (A) 
   a) The least volume / lift  
   b) The most volume  
   c) A firm curl  
   d) Maximum lift

85. If your client wants wavy hair with maximum lift, you would do which of the following: Answer _____ (C) 
   a) Small rollers, on base  
   b) Small rollers, off base  
   c) Large rollers, on base  
   d) Large rollers, off base

86. Which type of roller placement would create maximum volume in a hairstyle? Answer _____ (B) 
   a) On base  
   b) Over direct  
   c) Under direct  
   d) Off base

87. Why does the clever stylist place a plastic comb between the hot iron and the scalp? Answer _____ (B) 
   a) Avoid burning the client’s hair  
   b) Avoid burning the client’s scalp  
   c) Avoid getting the hot tool stuck in the hair  
   d) All of the above
88. What may happen if an extremely hot iron is applied to white/gray/light blonde hair: Answer _____ (C)
   a) Hair will become to curly
   b) Hair may revert
   c) Hair may scorch and discolor
   d) Nothing

89. When pressing hair, if the hair is smoking: Answer _____ (D)
   a) Use more pressing oil, the hair is burning
   b) Use more heat
   c) Wait to proceed until hair cools
   d) Use less pressing oil

90. A verruca is more commonly known as: Answer _____ (B)
   a) A boil
   b) A wart
   c) A pimple
   d) A macule

91. On which type of skin would a facial be ill-advised: Answer _____ (D)
   a) Skin with macules
   b) Acneic skin
   c) Mature skin
   d) Skin with lesions

92. Any product with a pH below 7, is considered: Answer _____ (D)
   a) A base
   b) An alkaline
   c) Neutral
   d) An acid

93. Neutralizers, stabilizers, and fixatives, tend to fall where on the pH scale? Answer _____ (C)
   a) At 7
   b) Above 7
   c) Below 7
   d) None of the above

94. Cornrow braiding is most similar to: Answer _____ (D)
   a) Double strand braiding
   b) Inverted braiding
   c) Invisible French braiding
   d) Visible, 3 strand, French braiding

95. Pediculosis is: Answer _____ (B)
   a) Head lice
   b) Lice
   c) Ringworm
   d) The itch-mite

96. Scabies is also referred to as: Answer _____ (B)
   a) Tinea
   b) Itch mite
   c) Lice
   d) None of the above

97. The body’s ability to fight off infection and disease is referred to as: Answer _____ (A)
   a) Immunity
   b) Auto-immune system
   c) Integumentary system
   d) Antibodies

98. The “Integumentary System” refers to: Answer _____ (C)
   a) The skin
   b) The skin and nails
   c) The skin and its accessory organs
   d) The skin and hair

99. An atom or molecule that carries an electrical charge: Answer _____ (D)
   a) Cathode
   b) Anode
   c) Anion
   d) Ion

100. The concentration of Hydrogen ions in a solution, suspension, or emulsion is called: Answer _____ (A)
    a) pH
    b) CO2
    c) NaCl
    d) H2O
1. Any product with a pH above 7, is considered:  
   a) A base  
   b) An alkaline  
   c) Both A and B  
   d) An acid  
   Answer _____  (C)

2. Neutralizers, stabilizers, and fixatives, tend to fall where on the pH scale?  
   a) At 7  
   b) Above 7  
   c) Below 7  
   d) None of the above  
   Answer _____  (C)

3. To temporarily and completely straighten kinky hair, you should do a:  
   a) Soft press / Single Press  
   b) Hard press / Double Press  
   c) Soft perm  
   d) Sodium hydroxide relaxer  
   Answer _____  (B)

4. The most commonly used elevations in hair cutting are:  
   a) 0 degree and 45 degree  
   b) 45 degree and 90 degree  
   c) All of the above  
   d) None of the above  
   Answer _____  (B)

5. An angle below 90 degrees, is used primarily to:  
   a) Decrease weight  
   b) Build weight  
   c) Decrease movement  
   d) Increase movement  
   Answer _____  (B)

6. Beveling is a hair cutting technique used to create:  
   a) Fullness by cutting the ends at a slight taper  
   b) A term for angle cutting  
   c) Easily achieved with single notched shears  
   d) Best achieved using double notched shears  
   Answer _____  (A)

7. A “Blunt Cut", is sometimes referred to as:  
   a) One length  
   b) Zero degree / elevation  
   c) Solid form  
   d) All of the above  
   Answer _____  (D)

8. There are how many bones in the palm of your hand (metacarpus):  
   a) Eight  
   b) Five  
   c) Fourteen  
   d) Twenty Six  
   Answer _____  (B)

9. A blunt cut is a good technique for use on:  
   a) Thick hair  
   b) Fine hair  
   c) Curly hair  
   d) Coarse hair  
   Answer _____  (B)

10. Angles above 90 degrees are used to:  
    a) Remove weight  
    b) Add weight  
    c) Build weight  
    d) Both B and C  
    Answer _____  (A)

11. A uniformed layered cut (same length throughout) is cut at what angle / degree:  
    a) O  
    b) 45  
    c) 90  
    d) 180  
    Answer _____  (C)

12. How many bones are found in the carpus / wrist?  
    a) Five  
    b) Twenty Six  
    c) Fourteen  
    d) Eight  
    Answer _____  (D)

13. If your client wanted longer layers, what angles / degrees would be appropriate to use:  
    a) 45 degrees  
    b) A combination of 45 and 90 degrees  
    c) 90 degrees  
    d) 180 degrees  
    Answer _____  (B)

14. Pediculosis capitis is:  
    a) Head lice  
    b) Lice  
    c) Ringworm  
    d) The itch-mite  
    Answer _____  (A)
15. Scabies is also referred to as a:  
   a) Tinea  
   b) Itch mite  
   c) Lice  
   d) None of the above  
   Answer _____ (B)

16. Which angle / degree would create the longest possible layers in a client’s haircut?  
   a) 45 degrees  
   b) A combination of 45 and 90 degrees  
   c) 90 degrees  
   d) 180 degrees  
   Answer _____ (D)

17. In haircutting, graduation means:  
   a) Shorter exterior length, longer interior length  
   b) Longer exterior length, shorter interior length  
   c) 90 degrees at the nape, and a traveling guideline  
   d) Longer perimeter, shorter exterior  
   Answer _____ (A)

18. A haircut has 45 degree angle at crown and 180 angle at shoulders, this is an example of:  
   a) Shorter exterior length, longer interior length  
   b) Longer exterior length, shorter interior length  
   c) 90 degrees at the nape, and a traveling guideline  
   d) A type of haircut using a stationary guideline  
   Answer _____ (B)

19. A guideline used mostly when you want to create a gradual increase in length or weight:  
   a) Traveling  
   b) Stationary  
   c) Permanent  
   d) Temporary  
   Answer _____ (B)

20. A substance which dissolves another substance, with no change in its own composition:  
   a) Solution  
   b) Suspension  
   c) Emulsion  
   d) Solvent  
   Answer _____ (D)

21. The term “solute” refers to:  
   a) The dissolved substance  
   b) The substance acting as the dissolver  
   c) Either A or B  
   d) None of the above  
   Answer _____ (A)

Questions about wigs are becoming more common on the State Board Exam, numbers 22-25 are the most basic – study them!

22. A “hand-knotted, or hand-made, or hand-tied” wig is also referred to as:  
   a) Cap wig  
   b) Chignon  
   c) Toupee  
   d) Capless wig  
   Answer _____ (A)

23. A machine made wig is generally a:  
   a) Cap wig  
   b) Capless wig  
   c) Toupee  
   d) Chignon  
   Answer _____ (B)

24. Consists of rows of hair wefts, sewn to strips of elastic:  
   a) Cap wig  
   b) Capless wig  
   c) Chignon  
   d) Toupee  
   Answer _____ (B)

25. Consists of elasticized mesh fibers to which the hair is attached:  
   a) Cap wig  
   b) Capless wig  
   c) Chignon  
   d) Toupee  
   Answer _____ (A)

26. In hair cutting, the area above the parietal / crest is referred to as the:  
   a) Exterior  
   b) Interior  
   c) Top  
   d) None of the above  
   Answer _____ (B)

27. In hair cutting, the area below the parietal / crest is referred to as the:  
   a) Exterior  
   b) Interior  
   c) Top  
   d) None of the above  
   Answer _____ (A)

28. This is the widest portion of the head, sometimes referred to as the “crest area”:  
   a) Occipital  
   b) Procerus  
   c) Frontalis  
   d) Parietal  
   Answer _____ (D)
29. Common “oil & vinegar” salad dressing is an example of a / an:  
   a) Solution  
   b) Suspension  
   c) Emulsion  
   d) Colloid  
   Answer _____ (B)

30. If liquids cannot be mixed, they are said to be:  
   a) Miscible  
   b) Oil and water  
   c) Immiscible  
   d) None of the above  
   Answer _____ (C)

31. An example of immiscible liquids is:  
   a) Coffee and cream  
   b) Alcohol and water  
   c) Oil and water  
   d) Milk and juice  
   Answer _____ (C)

32. The term “Surfactant” is short for:  
   a) Surface wetting agent  
   b) Surface active ingredient  
   c) Surface active emulsifier  
   d) Surface active agent  
   Answer _____ (D)

33. The tissue / skin surrounding the nail on three sides:  
   a) Nail wall  
   b) Nail groove  
   c) Eponychium  
   d) Perionychium  
   Answer _____ (D)

34. The area from the nail root to the free edge, contains no blood vessels / nerves:  
   a) Nail plate  
   b) Nail bed  
   c) Nail body  
   d) Both A and C  
   Answer _____ (D)

35. Onychophagy refers to:  
   a) Bitten nails  
   b) Split nails  
   c) Club nails  
   d) Brittle nails  
   Answer _____ (A)

36. The technical term for bitten nails is:  
   a) Pterygium  
   b) Leukoderma  
   c) Onychia  
   d) Onychophagy  
   Answer _____ (D)

37. Improper trimming of the toe-nails, or very tight shoes, may result in this:  
   a) Athlete’s foot  
   b) Onychophagy  
   c) Perionychium  
   d) Onychocryptosis  
   Answer _____ (D)

38. Onychocryptosis is a condition that may result from:  
   a) Excessively tight shoes  
   b) Mold found in public showers  
   c) Damage to the onychophagy  
   d) Plantar warts  
   Answer _____ (A)

39. Ingrown toe-nails are referred to as:  
   a) Onycholysis  
   b) Onychophagy  
   c) Onychatrophia  
   d) Onychocryptosis  
   Answer _____ (D)

40. Which agency approves the efficacy of products used for infection control?  
   a) Food and Drug Administration  
   b) Environmental Protection Agency  
   c) Department of Health  
   d) State Board of Cosmetology  
   Answer _____ (B)

41. Which governmental agency mandates the use of a P.D. Test prior to using aniline tints:  
   a) The Environmental Protection Agency  
   b) The Dept of Health, Education, and Welfare  
   c) The Food and Drug Administration  
   d) The National Board of Cosmetology  
   Answer _____ (C)

42. If lost, how long will it take to grow a new nail plate / nail body:  
   a) 1 - 2 months  
   b) 2 - 4 months  
   c) 3 - 6 months  
   d) Cannot be re-generated / re-grown  
   Answer _____ (C)

43. The tissue beneath the free edge of the nail (distal edge) is known as:  
   a) Eponychium  
   b) Hyponychium  
   c) Perionychium  
   d) Pterygium  
   Answer _____ (B)
44. If a client has onychatrophia, which of the following would be inadvisable: Answer _____ (C)
a) An oil manicure       b) A hot oil manicure
   c) Use of a metal pusher/file   d) Performing any nail service

45. The Latin, medical, and technical term for nails is: Answer _____ (A)
a) Onyx               b) Pterygium
   c) Onychia            d) Onychatrophia

46. If a toe nail is lost / removed, approximately how long will it take to grow back? Answer _____ (D)
a) 1 - 2 months     b) 3 - 6 months
   c) 9 months        d) 9 - 12 months

47. The nail root and nail matrix are located in this cup like structure: Answer _____ (B)
a) Nail root    b) Nail mantle
   c) Nail matrix      d) Nail pterygium

48. If the technician causes bleeding during a manicure / pedicure, they should use: Answer _____ (B)
a) Hydrogen peroxide  b) Styptic powder
   c) Styptic pencil      d) Alcohol

49. Once destroyed, which part of the nail will not grow again? Answer _____ (A)
a) Matrix or root   b) Nail bed
   c) Nail wall       d) Nail groove

50. In an artificial nail service, the purpose of the “primer” is to: Answer _____ (C)
a) Promote faster drying  b) Destroy bacteria and mold
   c) Promote better bonding  d) Seal the natural nail

51. In an artificial nail service, the purpose of the “primer” is to: Answer _____ (C)
a) Promote faster drying  b) Destroy bacteria and mold
   c) Increase adhesion   d) Seal the natural nail

52. In an artificial nail service, the purpose of the “primer” is to: Answer _____ (B)
a) Promote faster drying  b) Promote bonding and increase adhesion
   c) Increase adhesion   d) Promote bonding

53. In an artificial nail service, the function of the dehydrator is to: Answer _____ (C)
a) Remove moisture   b) Remove oil
   c) Remove oil & moisture  d) Increase adhesion

54. What is the correct method for removing artificial nails? Answer _____ (B)
a) Immerse in non-acetone, gently pull/lift off  b) Immerse in acetone, then gently pull or lift off
   c) Clip to desired length then file / buff   d) Buff or file to the real nail then use non-acetone to remove any residue

55. This bacterial infection is responsible for pneumonia: Answer _____ (D)
a) Coci               b) Spirilla
   c) Bacilli            d) Diplococci

56. If your client has AIDS and is requesting a service, are you allowed to perform it? Answer _____ (C)
a) No                b) Yes, with a doctor’s authorization
   c) Yes              d) Depends upon your states laws

57. Pediculosis capitis is: Answer _____ (A)
a) Head lice            b) Lice
   c) Ringworm            d) The itch-mite

58. The bodies ability to fight off infection and disease is referred to as: Answer _____ (A)
a) Immunity            b) Auto-immune system
   c) Integumentary system  d) Antibodies
59. Very dense hair will provide the best results in a permanent wave if wrapped with:  
   a) Small rods with large blockings  
   b) Larger rods with small blockings  
   c) Small rods with a milder solution  
   d) Small rods with small blockings  
   Answer _____ (B)

60. Acquired Immune Deficiency Syndrome (AIDS) works by breaking down the bodies:  
   a) Pulmonary system  
   b) Vascular system  
   c) Immune system  
   d) Circulatory system  
   Answer _____ (C)

61. The study that deals with the functions of the body is:  
   a) Biology  
   b) Dermatology  
   c) Physiology  
   d) Anatomy  
   Answer _____ (C)

62. When giving a manicure, how does the technician file the natural nails?  
   a) Center to corner  
   b) Corner to center  
   c) Corner to corner  
   d) Personal preference  
   Answer _____ (B)

63. From weakest to strongest, which answer best describes decontamination:  
   a) Sterilization, disinfection, sanitation  
   b) Sanitation, disinfection, sterilization  
   c) Disinfection, sanitation, sterilization  
   d) Disinfection, sanitization, sterilization  
   Answer _____ (B)

64. The highest level of decontamination is:  
   a) Sanitation  
   b) Disinfection  
   c) Sterilization  
   d) Hygiene  
   Answer _____ (C)

65. A comedone extractor would be used to:  
   a) Remove milia  
   b) Remove blackheads  
   c) Remove verrucas  
   d) Remove warts  
   Answer _____ (B)

66. The level of decontamination required for salons and spas is:  
   a) Sterilization  
   b) Sanitation  
   c) Hygiene  
   d) Disinfection  
   Answer _____ (D)

67. Scabies is also known as:  
   a) Lice  
   b) Ringworm  
   c) The itch-mite  
   d) Athletes Foot  
   Answer _____ (C)

68. Which of the following is not a manner to remove implements from a disinfectant tray?  
   a) Tongs  
   b) Basket  
   c) Gloves  
   d) Bare hands  
   Answer _____ (D)

69. A process applying the decolorizer directly onto STYLED hair to produce a subtle effect:  
   a) Highlighting  
   b) Lowlighting  
   c) Dimensional coloring  
   d) Balayage  
   Answer _____ (D)

70. An ultraviolet sanitizer provides an effective means of:  
   a) Disinfecting implements  
   b) Storing of dirty implements  
   c) Sterilizing implements  
   d) Storing disinfected implements  
   Answer _____ (D)

71. In a double process color application, the lightener is followed by the application of a:  
   a) Lift and deposit aniline derivative tint  
   b) Temporary color  
   c) Deposit only color  
   d) Pre softener  
   Answer _____ (C)

72. Derma is a term referring to:  
   a) Hair  
   b) Skin  
   c) Nails  
   d) None of the above  
   Answer _____ (B)

73. A viral infection that attacks the liver:  
   a) Dermatitis  
   b) Hepatitis  
   c) Meningitis  
   d) Onygitis  
   Answer _____ (B)
74. Black heads are referred to as:
   a) Milia                                Answer _____  (B)
   b) Comedones                        c) Verruca
d) Warts

75. The pH of a permanent wave neutralizer is:
   a) Acid, pH between 3.0 – 5.0            Answer _____  (A)
   b) Acid, pH between 7.5 – 8.5
   c) Alkaline, pH between 8.2 – 9.6        d) Acid, pH between 4.5 – 5.5

76. Hair with its cuticle turned so that it all faces the same direction is known as:
   a) Remy hair                           Answer _____  (C)
   b) Non-remy hair                       c) Turned hair
d) Fallen hair

77. The term “Fallen Hair”, refers to:
   a) Non-Remy hair                        Answer _____  (A)
   b) Remy hair                           c) Hair that has fallen out in making the wig
d) Synthetic hair

78. Lanolin, a common ingredient in beauty products, is made from:
   a) Sheep’s wool                        Answer _____  (A)
   b) Lambs wool                         c) Collagen
d) A rooster’s comb

79. If the rubber band used to securely close the perm rod is to close to the scalp, or if the perm rod is would excessively tightly, what could occur?
   a) Hair will be kinked                Answer _____  (B)
   b) Hair will break                    c) Curl will be weak
d) Hair will be curlier than anticipated

80. Client’s perm looked fine when she leaves salon. Days later, client returns with considerable breakage (about ½ inch to 2 inches from scalp). The likely cause is:
   a) Client did not wait 72 hours to wash hair   Answer _____  (D)
   b) Perm rods were wrapped to tightly
   c) Rubber band is twisted or, to close to scalp
   d) Both B and C

81. Tinea is also known as:
   a) Ringworm                               Answer _____  (A)
   b) The itch-mite
   c) Dandruff
   d) Onychophagy

82. When mixed according to manufacturer’s directions, Quats will kill:
   a) Milia Rubra                         Answer _____  (D)
   b) Vitiligo
   c) Tinea
   d) Bacteria

83. The study that deals with the structures of the body is:
   a) Biology                               Answer _____  (D)
   b) Dermatology                         c) Physiology
   d) Anatomy

84. A substance is a basic unit of / a:
   a) Energy                                Answer _____  (D)
   b) Molecule                             c) Conduction
   d) Matter

85. An atom or molecule that carries an electrical charge:
   a) Cathode                              Answer _____  (D)
   b) Anode
   c) Anion
   d) Ion

86. An insulator is also known as:
   a) A conductor                          Answer _____  (B)
   b) A non-conductor
   c) Either of the above
   d) None of the above

87. The rays involved in sun tanning are:
   a) Infra red rays                        Answer _____  (B)
   b) Ultra violet rays
   c) Tanning rays                         d) UVC rays
88. Carpal refers to: Answer _____ (D)
   a) The 14 knuckles of the hands
   b) The 14 knuckles of the feet
   c) The 28 knuckles of the hands & feet
   d) The 8 bones of the wrist

89. When using a hot iron, curling the hair from the scalp towards the ends is referred to as: Answer _____ (D)
   a) Piggyback
   b) Croquignole
   c) Halo
   d) None of the above

90. The drawback/s of using phenols as disinfectants in the salon are: Answer _____ (D)
   a) It is caustic
   b) It can burn your skin
   c) It will dry out and ruin plastic implements
   d) All of the above

91. How many bones are found in the typical, adult, human body: Answer _____ (B)
   a) 203
   b) 206
   c) 211
   d) None of the above

92. Because a relaxer may leave the client’s head sensitive, you should rinse the hair with: Answer _____ (B)
   a) Cold water
   b) Cool water
   c) Warm water
   d) Hot water

93. ______ is the highest form of decontamination: Answer _____ (D)
   a) Sanitation
   b) Disinfection
   c) Decontamination
   d) Sterilization

94. When applying false eyelash adhesive, it is advisable to do which of the following: Answer _____ (D)
   a) Give a Patch Test and wait 24 hours
   b) Give a P.D. Test and wait 24 hours
   c) Give a Predisposition Test and wait 24 hrs
   d) All of the above

95. Inflammation at the base of the nail or the cuticle is known as: Answer _____ (D)
   a) Perionychium
   b) Paronychia
   c) Onychophagy
   d) Onychia

96. An acid rinse can be used to do which of the following: Answer _____ (B)
   a) Open the cuticle and add volume
   b) Close the cuticle and add shine
   c) Close the cuticle to add volume
   d) It will have a different effect on different hair

97. Very dense hair will provide the best results in a permanent wave if wrapped with: Answer _____ (B)
   a) Small rods with large blockings
   b) Larger rods with small blockings
   c) Small rods with a milder solution
   d) Small rods with small blockings

98. Clients with _____________ pose special problems for the salon, especially if they are nipped during a manicure or pedicure: Answer _____ (C)
   a) High blood pressure
   b) Pace makers
   c) Diabetes
   d) High cholesterol

99. Paraffin is: Answer _____ (C)
   a) Clay
   b) Mud
   c) Wax
   d) None of the above

100. In a make-up application, which of the following products will tend to produce a more matte (non-shiny) finish: Answer _____ (D)
    a) Water based liquid foundation
    b) Oil free liquid foundation
    c) Powder foundations
    d) All of the above
1. Another name for disulfide bonds is:  
   a) Cystine  
   b) Disulfactant  
   c) Hydrogen  
   d) Acid

Answer _____ (A)

2. Before the application of a paraffin mask (for face, hands, or feet), you should:  
   a) Warn the client it might burn  
   b) Rinse the skin in cool water  
   c) Melt the paraffin  
   d) All of the above

Answer _____ (C)

3. Which level of decontamination is generally not used / required by the stylist?  
   a) Sanitation  
   b) Disinfection  
   c) Sterilization  
   d) They are all required

Answer _____ (C)

4. Which process of cleaning implements is generally not used by the stylist?  
   a) Sanitation  
   b) Disinfection  
   c) Sterilization  
   d) They are all required

Answer _____ (C)

5. How do you protect the client’s scalp when doing a thermal service?  
   a) With oil  
   b) Use a gel  
   c) A comb  
   d) Apply a base cream

Answer _____ (C)

6. A congenital defect such as causes Albinism, is one that:  
   a) You contract  
   b) You are born with  
   c) Develops over time / contact dermatitis  
   d) Is contagious

Answer _____ (B)

7. The vessels responsible for returning blood back to the heart are known as:  
   a) Arteries  
   b) Capillaries  
   c) Veins  
   d) All of the above

Answer _____ (C)

8. In any chemical service, which type of hair would generally call for the highest pH:  
   a) Resistant  
   b) Color treated  
   c) Bleached  
   d) Normal

Answer _____ (A)

9. In any chemical service, which type of hair would generally call for the highest pH:  
   a) Normal  
   b) Color treated  
   c) Bleached  
   d) Damaged

Answer _____ (A)

10. When pressing hair, blow drying hair, perming hair, relaxing hair, or setting hair, at what part of the head should the stylist take extra care:  
   a) At the hairline  
   b) At the nape  
   c) At the roots  
   d) At the ends

Answer _____ (A)

11. High frequency current may be helpful in treating:  
   a) High blood pressure  
   b) Pregnancy  
   c) Alopecia  
   d) Onychocryptosis (ingrown toe-nails)

Answer _____ (C)

12. Objective means:  
   a) Something that cannot be seen  
   b) A feeling or thought  
   c) Something that can be seen  
   d) None of the above

Answer _____ (C)

13. Subjective means:  
   a) Something that cannot be seen  
   b) A feeling or thought  
   c) Something that can be seen  
   d) None of the above

Answer _____ (A)

14. Which of the following may be used as an antiseptic:  
   a) Quats  
   b) Sodium hypochlorite  
   c) 3% to 5% H2O2  
   d) Alcohol

Answer _____ (C)
15. Which of the following is objective:  
   a) Hair breakage following a relaxer  
   b) A client unhappy with the shade of blonde 
   c) Hair that is too long  
   d) A headache  
   Answer _____ (A)

16. The application of a virgin tint going lighter, should begin:  
   a) Where the hair is the lightest  
   b) At the crown of the head  
   c) Around the hairline  
   d) Where the hair is the darkest  
   Answer _____ (D)

17. Remy means:  
   a) Cuticle has been removed  
   b) Cuticle faces original direction of growth  
   c) Cuticle is facing in different directions  
   d) A type of human hair that tangles easily  
   Answer _____ (B)

18. Acetone is generally used to / for:  
   a) Softening the cuticle  
   b) Removing nail polish  
   c) Removing artificial nail enhancements  
   d) Removing ridges in the natural nail  
   Answer _____ (C)

19. The hair found on a man’s face is referred to as:  
   a) Vellus  
   b) Lanugo  
   c) Terminal  
   d) Barba  
   Answer _____ (D)

20. Canities is another name for:  
   a) Red hair  
   b) Gray hair  
   c) Black hair  
   d) Curly hair  
   Answer _____ (B)

21. Which rays are responsible for burning or tanning?  
   a) UVA  
   b) UVC  
   c) UVU  
   d) UVB  
   Answer _____ (D)

22. Which rays are responsible for aging of the skin?  
   a) UVA  
   b) UVC  
   c) UVU  
   d) UVB  
   Answer _____ (A)

23. Lintigines are more commonly known as:  
   a) Age spots  
   b) Freckles  
   c) Carbuncles  
   d) All of the above  
   Answer _____ (B)

24. What is the recommended strength of Quats as used in the salon and spa industry?  
   a) 1 : 10,000  
   b) 1 : 1,000  
   c) 1 : 100  
   d) 50% quats, with 50 % distilled water  
   Answer _____ (B)

25. Universal precautions means to assume all human blood and blood products are:  
   a) Not infected with blood borne pathogens  
   b) Infected with blood borne saprophytes  
   c) Infected with blood borne prions  
   d) Infected with blood borne pathogens  
   Answer _____ (D)

26. The term “submerge” means to:  
   a) Place implement in a wet sanitizer  
   b) Rinse implement with warm soapy water  
   c) Place implement completely under solution  
   d) All of the above  
   Answer _____ (C)

27. The “average” person is thought to have approximately _____ hairs on their head?  
   a) 100,000  
   b) 200,000  
   c) 150,000 - 200,000  
   d) 2,000 per square inch  
   Answer _____ (A)

28. An instrument used to measure the strength of hydrogen peroxide:  
   a) Thermometer  
   b) Hydrostat  
   c) Heliometer  
   d) Hydrometer  
   Answer _____ (D)

29. Which of the following design lines would be used to add weight / build weight line?  
   a) Vertical lines  
   b) Horizontal lines  
   c) Diagonal lines  
   d) Perpendicular lines  
   Answer _____ (B)
30. When cutting diagonal lines (movement), the most common cutting position is: Answer _____ (B)
a) Palm Down b) Palm Up
c) Palm-To-Palm d) All of the above

31. The “fringe” is another term for “bangs” and is generally used to cover the area from: Answer _____ (A)
a) Outer corner of the eyes b) Eyebrow arch
c) From the front of the ear d) Inner corner of the eyebrows

32. Trichology refers to the: Answer _____ (B)
a) Study of muscles b) Study of hair
c) Study of beauty d) None of the above

33. Which governmental agency regulates cosmetics in the United States? Answer _____ (B)
a) EPA b) FDA
c) USPS d) OSHA

34. Voluntary muscles are referred to as: Answer _____ (B)
a) Non-striated b) Striated
c) Cardiac d) Pulmonary

35. Involuntary muscles are also referred to as: Answer _____ (A)
a) Non-striated b) Striated
c) Cardiac d) Pulmonary

36. Which of the following is true of razor cutting? Answer _____ (D)
a) Good for curly hair b) Best done on dry hair
c) Good for medium to thick hair d) Good for medium to fine hair

37. A haircut using a 180 degree angle will have which of the following lengths: Answer _____ (C)
a) Longer interior, shorter exterior b) Horizontal lines with a longer interior
c) Shorter interior, longer exterior d) None of the above

38. If used on dry, curly, wiry, damaged, or over processed hair, this implement may cause the hair shaft to weaken and result in a frizzy appearance? Answer _____ (B)
a) Thinning shears b) Razors
c) Clippers d) Double-notched texturizing shears

39. A razor could be successfully used to achieve all the following except: Answer _____ (C)
a) Feathered look b) Softer look
c) Blunt edge d) Texturized look

40. When using a razor, the guideline is generally: Answer _____ (A)
a) Above your fingers b) At your palm
c) Below your fingers d) At the closed side of your hand

41. When using cutting shears, the guideline is generally: Answer _____ (C)
a) Above your fingers b) At your palm
c) Below your fingers d) At the closed side of your hand

42. Which is not true of “Slide-Cutting”: Answer _____ (D)
a) Best if done on wet hair b) Useful to blend short to long layers
c) Maintains perimeter weight line d) Will not help to remove bulk

43. A client has fine, but dense hair, and wants it thinned out. How far should the stylist hold the razor, or thinning shears, from the head? Answer _____ (C)
a) ½ inch b) ¾ inch
c) 1 inch d) 1 ½ inches
44. Because they are incompatible and usage may cause extensive breakage, hair treated with a Sodium Hydroxide relaxer should not be treated with: Answer _____ (B)
   a) Guanidine b) Ammonium Thioglycolate
c) Certified Colors d) Temporary Colors

45. To create the appearance of height, cut the hair: Answer _____ (D)
   a) Full at the nape and crown b) Close at the nape and crown, longer in front
c) Short in front, but longer in back d) Close at the nape and high in the crown

46. The concentration of Hydrogen ions in a solution, suspension, or emulsion is called: Answer _____ (A)
   a) pH b) CO2
c) NaCl d) H2O

47. Any human hair, unless the cuticle has been removed, may be referred to as: Answer _____ (B)
   a) Non-remy hair b) Remy hair
c) Mixed hair d) Turned hair

48. A permanent wave requiring heat to process is most likely what type of wave: Answer _____ (B)
   a) Ammonium Thioglycolate b) Acid
c) Alkaline Wave d) For resistant hair

49. Onychophagy refers to: Answer _____ (A)
   a) Bitten nails b) Split nails
c) Club nails d) Brittle nails

50. Onychia refers to a condition where: Answer _____ (C)
   a) The nail hardens and thickens b) The nail softens and falls off
c) There is usually pus at the nail base d) There are white spots or streaks in the nail

51. The technical term for bitten nails is: Answer _____ (D)
   a) Pterygium b) Leukoderma
c) Onychia d) Onychophagy

52. Improper trimming of the toe-nails may result in: Answer _____ (D)
   a) Athlete’s foot b) Onychophagy
c) Perionychium d) Onychocryptosis (ingrown toe-nails)

53. Onychocryptosis is a condition that may result from: Answer _____ (A)
   a) Excessively tight shoes b) Mold found in public showers
c) Damage to the onychophagy d) Plantar warts

54. A nail product used to smooth out and fill in minor depressions in a client’s nails is: Answer _____ (D)
   a) Fiberglass b) Acrylic
c) Nylon d) Ridge filler

55. The nail is composed of a substance known as: Answer _____ (B)
   a) Calcium b) Keratin
c) Sulfur d) Sodium

56. Which of the following products would you not use in performing an oil manicure: Answer _____ (C)
   a) Cuticle oil b) Polish remover
c) Soap and water d) Cuticle solvent

57. The soft tissue found under the nail plate is referred to as: Answer _____ (C)
   a) Onychophagy b) Onychia
c) Nail bed d) Pterygium

58. The point where the nail enters the skin at the nail base is referred to as: Answer _____ (A)
   a) Eponychium b) Hyponychium
c) Perionychium d) Nail groove
59. The tissue beneath the free edge of the nail (distal edge) is known as: Answer _____  (B)
   a) Eponychium                                      b) Hyponychium
   c) Perionychium                                    d) Pterygium

60. In hairstyling / haircutting, we are primarily concerned with which type of hair? Answer _____  (A)
   a) Terminal                                       b) Barba
   c) Vellus                                         d) Lanugo

61. Onychoatrophia refers to: Answer _____  (A)
   a) Wasting away of the nails                      b) Thickening of the nails
   c) Blue streaks in the nails                     d) Thinning of the nails

62. Dandruff is professionally and medically referred to as: Answer _____  (C)
   a) Steatoma                                                        b) Pityriasis steatoidas
   c) Pityriasis                                                    d) Trichoptilosis

63. Greasy / waxy dandruff is known as: Answer _____  (B)
   a) Keratoma                                                                 b) Pityriasis steatoidas
   c) Pityriasis                                                                 d) Trichoptilosis

64. In the “shears over comb” technique, the more angled the comb: Answer _____  (B)
   a) The longer the hair                       b) The shorter the hair
   c) The less control the stylist has             d) None of the above

65. An angled comb used in the “scissors over comb” technique, to create a tight neckline: Answer _____  (C)
   a) Styling comb                                b) Fine tooth comb
   c) Barber comb                                d) All of the above are used

66. Which of the following hair cutting implements may be used on wet or dry hair? Answer _____  (A)
   a) Shears                                           b) Razors
   c) Clippers                                         d) All of the above

67. Which of the following hair cutting implements should only be used on dry hair? Answer _____  (C)
   a) Shears                                           b) Razors
   c) Clippers                                         d) All of the above

68. Which of the following hair cutting implements is best used on damp hair? Answer _____  (A)
   a) Razors                                                                 b) Shears
   c) Clippers                                                                 d) All of the above

69. If your shears have one, on what portion of the shears does your little finger rest? Answer _____  (D)
   a) Anvil                                              b) Tang / Tong
   c) Prong                                              d) Finger Brace / guard

70. In the “shear over comb” technique, which of the following combs is generally used? Answer _____  (D)
   a) Wide tooth, comb                            b) Styling comb
   c) Rat-tail comb                                d) Barber comb

71. In the “shear over comb” technique, you should work with an area: Answer _____  (A)
   a) No wider than the comb                    b) Equal width to the comb
   c) As wide as the comb                         d) No wider than the blade of the shears

72. In the “shear over comb” technique, the higher the angle of the comb: Answer _____  (D)
   a) The longer the hair                       b) The shorter the hair
   c) The more the visibility of the scalp       d) Both B and C

73. In the “shears over comb” technique, the stylist should begin the haircut at the: Answer _____  (D)
   a) Crown                                     b) Wherever they feel most comfortable
   c) Front                                    d) Nape
74. If your client has lice, what must you do?  
   a) Recommend a product to destroy lice  
   b) Refuse service  
   c) Recommend they see a doctor  
   d) Complete service  
Answer: (B)

75. What is the best method to handle your shears if you stop cutting momentarily:  
   a) Place them, closed, on your station  
   b) Palm them, closed, facing the client  
   c) Palm them, open, facing the stylist  
   d) Palm them, closed, facing the stylist  
Answer: (D)

76. Thinning shears are used to:  
   a) Remove excess length  
   b) Remove excess bulk  
   c) Create high fashion look  
   d) Create feathered layers  
Answer: (B)

77. Which governmental agency enforces health and safety standards in the workplace:  
   a) EPA  
   b) FDA  
   c) USPS  
   d) OSHA  
Answer: (D)

78. When cutting the hair with clippers, it is generally best to:  
   a) Follow direction of natural growth pattern  
   b) Go against direction of natural hair growth  
   c) Have the hair slightly damp  
   d) Shampoo and dry the hair prior to cutting  
Answer: (B)

79. When cutting hair using clippers, they should be held in what relationship to the comb?  
   a) At a 90 degree angle to the comb  
   b) At a 45 degree angle to the comb  
   c) In the same position as the comb  
   d) Beneath the comb  
Answer: (C)

80. In haircutting, elevation is used to create:  
   a) A weight line  
   b) Control  
   c) Graduation  
   d) Movement  
Answer: (C)

81. Commonly referred to as the “Adam’s Apple”, this bone is known as the:  
   a) Ethmoid  
   b) Sphenoid  
   c) Henoid  
   d) Hyoid  
Answer: (D)

82. The technical name for skin is:  
   a) Epidermis  
   b) Leukoderma  
   c) Derma  
   d) Stratum Cornium  
Answer: (C)

83. Using “single-notched” shears will have which of the following effects:  
   a) Remove more hair than “double-notched” shears  
   b) Create a “spiked” look  
   c) Remove less hair than “double-notched” shears  
   d) None of the above  
Answer: (A)

84. The most commonly used elevations in haircutting are:  
   a) 0 degree and 45 degree  
   b) 45 degree and 90 degree  
   c) All of the above  
   d) None of the above  
Answer: (B)

85. If your client has almost entirely gray hair and wants to darken it to its original color, where should you begin to apply the product?  
   a) Nape  
   b) Crown  
   c) Sides  
   d) Front  
Answer: (D)

86. A angle below 90 degrees, is used primarily to:  
   a) Decrease weight  
   b) Build weight  
   c) Decrease movement  
   d) Increase movement  
Answer: (B)

87. Para-phenylenediamine is an ingredient found in all the following except:  
   a) Semi-permanent colors  
   b) Demi-permanent colors  
   c) Certified colors  
   d) Permanent colors  
Answer: (C)

88. Hypo(low)-pigmentation of the skin, caused by a decrease in melanocyte activity:  
   a) Hypokeratosis  
   b) Psoriasis  
   c) Leucoderma  
   d) Chloasma  
Answer: (C)
89. Leucocytes are?  
   a) White spots under the nails  
   b) The Latin term for freckles  
   c) White blood cells  
   d) Red blood cells  
   **Answer _____ (C)**

90. Leuconychia is a condition that usually presents as:  
   a) Blue spots / streaks under the nails  
   b) White spots / streaks under the nails  
   c) Red spots / streaks under the nails  
   d) Soft, thin nails, with ridges  
   **Answer _____ (B)**

91. When cutting a BOB, Blunt Cut, or Solid Form, the most common cutting position is:  
   a) Palm Down  
   b) Palm Up  
   c) Palm-To-Palm  
   d) None of the above  
   **Answer _____ (A)**

92. When cutting diagonal lines, the most common cutting position is:  
   a) Palm Down  
   b) Palm Up  
   c) Palm-To-Palm  
   d) None of the above  
   **Answer _____ (B)**

93. When using a razor, the guideline is generally:  
   a) Above your fingers  
   b) At your palm  
   c) Below your fingers  
   d) At the closed side of your hand  
   **Answer _____ (A)**

94. When using cutting shears, the guideline is generally:  
   a) Above your fingers  
   b) At your palm  
   c) Below your fingers  
   d) At the closed side of your hand  
   **Answer _____ (C)**

95. This is the lowest portion of the hair shaft that fits like a “cap” over the papilla:  
   a) Follicle  
   b) Hair Bulb  
   c) Arrector Pili  
   d) Sebaceous Gland  
   **Answer _____ (B)**

96. Projection of the dermis surrounded by a small “cap” like structure referred to as the:  
   a) Arrector Pili  
   b) Papilla  
   c) Follicle  
   d) Bulb  
   **Answer _____ (B)**

97. These hair-cutting lines are used to create a sense of weight and stability:  
   a) Diagonal  
   b) Vertical  
   c) Concave  
   d) Horizontal  
   **Answer _____ (D)**

98. When cutting diagonal lines, the most common cutting position is:  
   a) Palm Down  
   b) Palm Up  
   c) Palm-To-Palm  
   d) None of the above  
   **Answer _____ (B)**

99. Which would you recommend to a client trying to disguise alopecia universalis?  
   a) Capless wig  
   b) Machine made wig  
   c) Cap wig  
   d) Human hair wig  
   **Answer _____ (C)**

100. When using the “clipper over comb” technique, which is correct?  
    a) Clippers move sideways across the underside of the comb  
    b) Clippers move up and down across the underside of the comb  
    c) Clippers move sideways across the top of the comb  
    d) Clippers move up and down across the top side of the comb  
    **Answer _____ (C)**
1. The fatty layer of the skin that creates softness and suppleness, is called: Answer _____ (A) 
   a) Subcutaneous / Adipose  
   b) Stratum Germinitivum  
   c) Epidermis  
   d) Stratum Lucidum  

2. The thinnest skin is found on: Answer _____ (C) 
   a) Palms of hands and soles of feet  
   b) Neck  
   c) Eyelids  
   d) Lips  

3. A congenital defect wherein the skin is unable to produce melanin is referred to as: Answer _____ (B) 
   a) Chloasma  
   b) Albinism  
   c) Hypokeratosis  
   d) Nevus Flameus  

4. Hypo(low)-pigmentation of the skin, caused by a decrease in melanocyte activity: Answer _____ (C) 
   a) Hyperkeratosis  
   b) Psoriasis  
   c) Leukoderma  
   d) Chloasma  

5. What is the largest organ of the body? Answer _____ (C) 
   a) Brain  
   b) Heart  
   c) Dermis  
   d) Stomach  

6. Refers to the growth of dark, coarse hair, in areas where usually hair does not grow: Answer _____ (D) 
   a) Alopecia Aerate  
   b) Hirsutism  
   c) Hypertrichosis  
   d) Both B and C  

7. All of the following terms are somewhat interchangeable terms in that they mean approximately the same thing, which one does not? Answer _____ (D) 
   a) On base & no stem  
   b) ½ stem and ½ off base  
   c) Full stem and off base  
   d) No stem and off base  

8. Triangular shaped bases in a pin-curl set can be useful to: Answer _____ (B) 
   a) Avoid excessive volume  
   b) Avoid any splits in the dried style  
   c) Create maximum volume  
   d) Create a crisper/firmer curl  

9. During a massage, muscles are typically manipulated from the: Answer _____ (A) 
   a) Insertion to the Origin  
   b) Origin to the Insertion  
   c) Belly to the Insertion  
   d) Belly to The Origin  

10. Blood platelets are colorless cells that help in blood clotting, they are also known as: Answer _____ (B) 
    a) Lymphocytes  
    b) Thrombocytes  
    c) Erythrocytes  
    d) Leukocytes  

11. This is a colorless -/slightly yellow liquid found in blood plasma: Answer _____ (D) 
    a) Plasma  
    b) Hemoglobin  
    c) Platelets  
    d) Lymph  

12. Normal wet hair can be stretched ____% of its length without damage or breakage: Answer _____ (D) 
    a) 10 %  
    b) 20%  
    c) Depends if the hair is curly or straight  
    d) 40 – 50%  

13. Normal dry hair can be stretched ____% of its length without damage or breakage: Answer _____ (B) 
    a) 10 %  
    b) 20%  
    c) Depends if the hair is curly or straight  
    d) 40 – 50%  

14. Refers to a condition involving excessive body hair, beyond the normal range: Answer _____ (D) 
    a) Hirsutism  
    b) Hypertrichosis  
    c) Alopecia universalis  
    d) Both A and B
15. What portion of the thermal pressing comb carries the heat and does the pressing?  Answer _____  (B)
a) Handle                                                       b) Rod
c) Teeth                                                         d) Tang

16. Accounting for nearly two-thirds of the blood’s volume, this is the blood’s fluid portion: Answer _____  (C)
a) Thrombocytes b) Hemoglobin
c) Plasma d) Lymph

17. Porosity refers to: Answer _____  (C)
a) How far a piece of dry hair can be stretched
b) How far a piece of wet hair can be stretched
c) Amount of moisture cuticle layer can absorb
d) The tensile strength of hair

18. May occur as the result of excessive tension on the hair, especially when it is wet: Answer _____  (B)
a) Alopecia areata b) Traction / Traumatic alopecia
c) Universalis alopecia d) Androgenic alopecia

19. The term for baldness is: Answer _____  (C)
a) Alopecia areata b) Alopecia universalis
c) Alopecia d) Alopecia premature

20. The term for baldness in patches, usually the result of illness or injury: Answer _____  (A)
a) Alopecia areata b) Alopecia universalis
c) Alopecia d) Alopecia premature

21. May occur as the result of extremely tight ponytails, cornrows, or hair extensions: Answer _____  (B)
a) Alopecia areata b) Traction alopecia
c) Universalis alopecia d) Androgenic alopecia

22. Stand up pin-curls are often referred to as: Answer _____  (B)
a) Off base curls b) Barrel curls
c) Cascade curls d) Waterfall curls

23. In a roller-set, the part of the hair/curl closest to the head is referred to as the: Answer _____  (B)
a) Open end b) Closed end
c) Curl direction d) Wave ridge

24. When doing a roller (wet) set, what should be the width of the parting? Answer _____  (D)
a) 1/8 inch smaller than the roller b) 1/2 inch wider than the roller
c) 3/4 inch smaller than the roller d) Same size as the roller

25. In a roller-set, the part of the hair/curl farthest from the head is referred to as the: Answer _____  (A)
a) Open end b) Closed end
c) Curl direction d) Wave ridge

26. Which of the following is true of razor cutting? Answer _____  (D)
a) Good for curly hair b) Best done on dry hair
c) Good for medium to thick hair d) Good for medium to fine hair

27. In a roller-set, the part of the curl closest to the end of the hair-shaft is known as the: Answer _____  (A)
a) Open end b) Closed end
c) Curl direction d) Wave ridge

28. If the papilla of the hair is destroyed, what will happen: Answer _____  (B)
a) Growth will cease until papilla regenerates b) Hair will not grow again
c) Hair will become “beaded” d) Hair will turn gray

29. The hair follicle determines the hairs: Answer _____  (D)
a) Shape, direction, and texture b) Shape, size, and density
c) Shape, size, and color d) Shape, size, and direction
30. Which croquignole curl creates the least movement in the hair?  
   a) On base                                       b) ½ off base  
   c) Off base                                       d) None of the above

31. The most important factor in achieving a strong finger wave is: 
   a) Being certain only the top hair is moving  
   b) Having the correct styling tools  
   c) Be certain the hair from the scalp is moving  
   d) All of the above

32. Which of the following will result in a weak finger wave?  
   a) Being certain only the top hair is moving  
   b) Having the correct styling tools  
   c) Be certain the hair from the scalp is moving  
   d) All of the above

33. Leucocytes are?  
   a) White spots under the nails  
   b) The Latin term for freckles  
   c) White blood cells  
   d) Red blood cells

34. What base type is best used for barrel curls?  
   a) Triangular                               
   b) Rectangular 
   c) Square                                    
   d) Round

35. A hair set using alternating rows of pin-curls and finger waves, this is referred to as:  
   a) Cascading Waves  
   b) Waterfall Waves  
   c) Skip Waves  
   d) C Shaping’s

36. A “hand-knotted” wig is also referred to as:  
   a) Cap wig                                            
   b) Capless wig                                      
   c) Toupee                                              
   d) All of the above

37. Eumelanin is the melanin responsible for:  
   a) Eye color       
   b) Skin color  
   c) Red and Blonde hair color    
   d) Brown and Black hair color

38. Client has kinky hair and wants it temporarily relaxed until it is straight, you should do a:  
   a) Soft press / Single press     
   b) Hard press / Double press  
   c) Soft perm                                           
   d) Sodium hydroxide relaxer

39. If the stylist is attempting to create finger waves 
   and the comb does not penetrate to the scalp, the result will be:  
   a) No wave                                     
   b) A weak wave                            
   c) A strong wave                            
   d) An uneven wave

40. Machine made, machine tied, or machine knotted wigs are generally:  
   a) Capless wigs       
   b) Cap wigs                                      
   c) Chignons       
   d) Wiglets

41. This is found at the base (bottom) of the hair follicle:  
   a) Hair Bulb   
   b) Papilla  
   c) Arrector Pili                                        
   d) Sebaceous Gland

42. When cutting a BOB, Blunt Cut, or Solid Form, the most common cutting position is:  
   a) Palm Down                                       
   b) Palm Up                                      
   c) Palm-To-Palm                                
   d) None of the above

43. When cutting diagonal lines, the most common cutting position is:  
   a) Palm Down                                       
   b) Palm Up                                      
   c) Palm-To-Palm                                
   d) None of the above

44. In a haircut, vertical lines will do all of the following except:  
   a) Add weight                                      
   b) Remove weight  
   c) Be used with higher elevations        
   d) Be used in graduated or layer cuts

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45. When using the “clipper over comb” technique, which is correct?  
   a) Clippers move sideways across the underside of the comb  
   b) Clippers move up and down across the underside of the comb  
   c) Clippers move sideways across the top of the comb  
   d) Clippers move up and down across the top side of the comb  
   Answer ____  (C)

46. This is the lowest portion of the hair shaft that fits like a “cap” over the papilla:  
   a) Follicle  
   b) Hair Bulb  
   c) Arrector Pili  
   d) Sebaceous Gland  
   Answer ____  (B)

47. Projection of the dermis surrounded by a small “cap” like structure referred to as the:  
   a) Arrector Pili  
   b) Papilla  
   c) Follicle  
   d) Bulb  
   Answer ____  (B)

48. Which of the following is not true of the hair bulb:  
   a) It is the lowest part of the hair strand  
   b) It is a club shaped structure  
   c) Determines shape of hair shaft  
   d) Covers the dermal papilla  
   Answer ____  (C)

49. In discussing a haircut, where is the perimeter located?  
   a) In the crown  
   b) At the outer edges  
   c) At the front hairline  
   d) At the fringe area  
   Answer ____  (B)

50. The main or primary active ingredient in most alkaline permanent waves is:  
   a) Ammonium Thioglycolate  
   b) Glyceryl Monothioglycolate  
   c) Sodium Hydroxide  
   d) Guanidine  
   Answer ____  (A)

51. The main or primary active ingredient in most acid-balanced permanent waves is:  
   a) Ammonium Thioglycolate  
   b) Glyceryl Monothioglycolate  
   c) Sodium Hydroxide  
   d) Guanidine  
   Answer ____  (B)

52. The approximate pH range of an ammonium thioglycolate solution is:  
   a) 8.0 – 10.0  
   b) 7.1 – 9.1  
   c) 5.0 – 6.9  
   d) 6.5 – 7.5  
   Answer ____  (A)

53. The neutralizer for a permanent wave is:  
   a) Acid  
   b) Base  
   c) Alkali  
   d) Alkaline  
   Answer ____  (A)

54. Exothermic and endothermic permanent waves are:  
   a) Cold Waves  
   b) Designed for resistant hair  
   c) Acid Waves  
   d) Acid or Acid-Balanced Waves  
   Answer ____  (D)

55. The pH range of the typical permanent wave neutralizer is:  
   a) 4.5 – 5.5  
   b) 7  
   c) 3.5 – 4.5  
   d) 6.5 – 7.5  
   Answer ____  (C)

56. Oxidation & Rebonding takes place during which step in the perm process:  
   a) Neutralization  
   b) Wrapping  
   c) Processing  
   d) Rinsing  
   Answer ____  (A)

57. A curl is made up of which of the following:  
   a) Stem, base, and ridge  
   b) Stem, base, and circle  
   c) Stem, base, and curl  
   d) Stem, base, and closed end  
   Answer ____  (B)

58. Which of the following is the most correct:  
   a) On base = No stem  
   b) Half off base = Half stem  
   c) Off base = Full stem  
   d) All of the above are correct  
   Answer ____  (D)
58. The Catagen State of hair growth is thought to last approximately how long? Answer _____  (B)
a) 1 - 4 weeks  b) 2-3 weeks  c) 3 - 6 months  d) As long as 1 year

59. Growth, Active, and Primary are associated with what stage of the hair growth cycle: Answer _____  (A)
a) Anagen  b) Catagen  c) Terminen  d) Telogen

60. What is the basic ingredient used in most chemical relaxers? Answer _____  (D)
a) Ammonium Thioglycolate  b) Sodium Hypochlorite  c) Sodium Chloride  d) Sodium Hydroxide

61. Oxidation occurs during which of the following periods: Answer _____  (C)
a) Processing  b) Oxidative  c) Neutralization  d) Reduction

62. Reduction occurs during which of the following periods: Answer _____  (A)
a) Processing  b) Oxidative  c) Neutralization  d) Reduction

63. Which of the following approves the efficacy of products used for infection control: Answer _____  (C)
a) State Board/s of Cosmetology  b) OSHA  c) EPA  d) CDC

64. Formerly known as Hospital Grade or Hospital Level Disinfectants? Answer _____  (D)
a) Viracides  b) Tuberculacides  c) Multi-spectrum Disinfectants  d) Broad Spectrum Disinfectants

65. Which governmental agency regulates cosmetics in the United States? Answer _____  (B)
a) EPA  b) FDA  c) USP  d) OSHA

66. Hair where the cuticle has been turned so that it all faces the same direction: Answer _____  (B)
a) Fallen hair  b) Turned hair  c) Remy hair  d) Non-Remy hair

67. In “Fallen Hair”, which of the following is true? Answer _____  (A)
a) Cuticle may not all going in one direction  b) It is synthetic  c) Cuticle is removed to prevent matting  d) The cuticle may be heavily damaged b/c this is very low quality hair

68. An abscess, larger than a boil, best describes a: Answer _____  (B)
a) Weal  b) Carbuncle  c) Verruca  d) Corium

69. A small, pus filled abscess is referred to as a: Answer _____  (B)
a) Weal  b) Boil  c) Verruca  d) Carbuncle

70. The medical term for a “Boil” is a: Answer _____  (C)
a) Weal  b) Carbuncle  c) Furuncle  d) Verruca

71. Which governmental agency enforces health and safety standards in the workplace: Answer _____  (D)
a) EPA  b) FDA  c) MSDS  d) OSHA

72. This type of relaxer is usually advertised as a “no-lye” relaxer: Answer _____  (C)
a) Sodium hydroxide  b) Lithium hydroxide  c) Guanidine  d) Potassium hydroxide
73. This type of relaxer is very gentle on the scalp, but extremely drying to the hair: Answer _____ (C)
a) Sodium hydroxide  b) Lithium hydroxide
c) Guanidine  d) Potassium hydroxide

74. This type of relaxer is usually recommended for sensitive scalps: Answer _____ (C)
a) Sodium hydroxide  b) Lithium hydroxide
c) Guanidine  d) Potassium hydroxide

75. Which of the following products would work the fastest to relax overly curly hair: Answer _____ (C)
a) Sodium hypochlorite  b) Guanidine
c) Sodium hydroxide  d) Ammonium thioglycolate

76. Process whereby a hydroxide relaxer removes one atom of sulfur from a disulfide bond: Answer _____ (B)
a) Oxidation  b) Lanthionization
c) Lithiumization  d) None of the above

77. Most relaxers contain: Answer _____ (D)
a) Lithium  b) Guanidine
c) Thioglycolate  d) Sodium

78. All of the following are true of guanidine relaxers except: Answer _____ (B)
a) They contain no Lye  b) Have a lower pH than most Thio relaxers
c) Cause less skin/scalp irritation  d) More drying to the hair

79. This is the widest portion of the head, sometimes referred to as the “crest area”: Answer _____ (D)
a) Occipital  b) Procerus
c) Frontalis  d) Parietal

80. To avoid “Tangling” the hair while rinsing the relaxer, use: Answer _____ (D)
a) Hot water with medium pressure  b) Hot water with low pressure
c) Cold water with medium pressure  d) Tepid water with medium pressure

81. Unless directed otherwise, when rinsing any relaxer, it is best to use: Answer _____ (A)
a) Warm to tepid water  b) Cool to tepid water
c) Cold water to cool the scalp  d) Hot water to remove all relaxer

82. To stop the chemical reaction after removal of the relaxer, the stylist will apply: Answer _____ (A)
a) Fixative, neutralizer, or stabilizer  b) Cold water
c) Oil based conditioner  d) Warm water

83. In a chemical relaxer / permanent wave, the neutralizer is to do which of the following: Answer _____ (D)
a) Stop the action of the processing solution  b) Reform the broken bonds of the hair
c) Establish how curly / straight the hair will be  d) All of the above

84. In hair cutting, the area above the parietal / crest is referred to as the: Answer _____ (B)
a) Exterior  b) Interior
c) Top  d) None of the above

85. A client has fine, dense hair, and wants it thinned out. How far should the stylist hold the razor, or thinning shears, from the head? Answer _____ (C)
a) ½ inch  b) ¼ inch
c) 1 inch  d) 1 ½ inches

86. A Thio relaxer should be applied to: Answer _____ (D)
a) Dry hair  b) Wet hair
c) Pressed hair  d) Damp hair

87. Which of the following is true of razor cutting? Answer _____ (D)
a) Best done on wet hair  b) Best done on dry hair
c) Razor should be held at an angle to hair  d) Both A and C
88. Which of the following is true of razor cutting?  Answer _____ (D)
   a) Good for curly hair  b) Best done on dry hair
   c) Good for medium to thick hair  d) Good for medium to fine hair

89. In hair cutting, the area below the parietal / crest is referred to as the:  Answer _____ (A)
   a) Exterior  b) Interior
   c) Top  d) None of the above

90. Chemical hair relaxers will tend to:  Answer _____ (B)
   a) Have a low pH  b) Be alkaline
   c) Be neutral  d) Be acid

91. Which hair bonds can only be broken chemically?  Answer _____ (A)
   a) Disulfide  b) Hydrogen
   c) Keratin  d) Salt

92. Chemical relaxers are designed to break which bonds of the hair?  Answer _____ (A)
   a) Disulfide  b) Hydrogen
   c) Keratin  d) Salt

93. Pressing combs are usually made of:  Answer _____ (D)
   a) Aluminum  b) Steel
   c) Brass  d) Both B and C

94. An acid permanent wave that generates its own heat is known as:  Answer _____ (D)
   a) Endothermic  b) Heat activated
   c) Indothermic  d) Exothermic

95. An acid permanent wave that requires heat from an external source to work is known as:  Answer _____ (C)
   a) Indothermic  b) Heat activated
   c) Endothermic  d) Exothermic

96. The term Exothermic means:  Answer _____ (A)
   a) To release energy in the form of heat  b) To absorb energy in the form of heat
   c) To absorb and redirect energy  d) None of the above

97. A permanent wave that requires placing the client under a heated dryer, is probably:  Answer _____ (C)
   a) Alkaline and endothermic  b) Acid and exothermic
   c) Acid and endothermic  d) Alkaline and exothermic

98. Which governmental agency mandates the use of a P.D. Test prior to using aniline tints?  Answer _____ (C)
   a) EPA  b) OMB
   c) FDA  d) OSHA

99. Which of the following is incorrect about Remy hair derived from humans?  Answer _____ (C)
   a) Always human hair  b) May be virgin hair
   c) Has had its cuticle removed  d) Comes from Asia

100. A “hand-knotted” wig is also referred to as:  Answer _____ (A)
    a) Cap wig  b) Capless wig
    c) Toupee  d) All of the above
1. The name given to synthetic dyes used in hair-coloring: Answer _____ (D)
a) Certified colors b) Metallic dyes
c) Tertiary colors d) Azo dyes

2. The process occurring during the neutralization stage in a permanent wave is known as: Answer _____ (B)
a) Reduction b) Oxidation
c) Lanthionization d) Bonding

3. Silking refers to: Answer _____ (C)
a) Relating the hair with a “Thio” relaxer b) Any type of permanent relaxer
c) Temporarily relaxing the hair using heat d) None of the above

4. Black, white, and gray are known as: Answer _____ (D)
a) Chromatic colors b) Tertiary colors
c) True colors d) Achromatic colors

5. For cutting a client’s hair that is to be teased or back-combed for maximum height in the crown, the ______ is probably the best choice of hair cutting tools: Answer _____ (D)
a) Single blade shear b) Double blade shear
c) Single notched shear d) Razor

6. What two chemicals may be used as neutralizers in a cold wave: Answer _____ (D)
a) H2O2 and sodium hydroxide b) H2O2 and sodium nitrate
c) H2O2 and sodium chloride d) H2O2 and sodium bromate

7. An apparatus used to change alternating current to direct current: Answer _____ (B)
a) Converter b) Rectifier
c) Conductor d) Circuit breaker

8. An apparatus used to change direct current to alternating current: Answer _____ (A)
a) Converter b) Rectifier
c) Conductor d) Circuit breaker

9. Acid waves are also known as: Answer _____ (D)
a) Neutral waves b) Exothermic waves
c) Endothermic waves d) Ester waves

10. The portion of the nail extending beyond the fingertip is referred to as the: Answer _____ (C)
a) Eponychium b) Nail plate
c) Free edge d) Perionychium

11. “Club Cutting” is also referred to as: Answer _____ (D)
a) Slithering b) Layering
c) Graduated d) Blunt cutting

12. Blunt cutting is also referred to as: Answer _____ (D)
a) Slithering b) Layering
c) Graduated d) Club cutting

13. What is the name given to the channel on either side of the nail? Answer _____ (D)
a) Nail plate b) Onychosis
c) Onychophagy d) Nail groove

14. Colors the FDA has deemed safe for scalp application and do not require a P.D. Test: Answer _____ (C)
a) Vegetable colors b) Chromatic colors
c) Certified colors d) Pure colors
15. Using a thermal heating device on only one side of the hair is referred to as:    Answer _____  (D)
a) Silking          b) Soft perm

16. A thermal heating technique on both sides of the hair / passing through the hair twice: Answer _____  (C)
   a) Soft perm          b) Soft press
c) Hard press          d) Silking

17. To achieve a “Low Elevation” in hair cutting: Answer _____  (A)
   a) Hold hair in a downward direction towards nape   b) Hold hair upward towards crown
c) Hold hair in a downward direction away from nape d) Hold hair parallel to the floor

18. The only method of removing unwanted hair considered permanent is: Answer _____  (D)
   a) Shaving          b) Tweezing
c) Waxing            d) Electrolysis

19. The melanin in light hair is found in the cortex, where do you find the melanin in dark hair: Answer _____  (A)
   a) In the Cortex          b) In the Cuticle
c) In the Medulla          d) In the Papilla

20. The process of cell division is known as: Answer _____  (D)
   a) Daughter cells          b) Anhidrosis
c) Epidermis                d) Mitosis

21. In a permanent wave, what determines how curly the hair becomes? Answer _____  (D)
   a) The size of the rod          b) The number or rods used
c) The section size          d) All of the above

22. A type of dye that builds up on the hair shaft after repeated uses making it darker: Answer _____  (D)
   a) Temporary colors          b) Certified colors
c) Azo dyes                  d) Progressive dyes

23. Curling the Hair from the scalp towards the ends is known as: Answer _____  (B)
   a) Croquignole          b) Spiral
c) Thermal Silking          d) Thermal waving

24. Milia rubra is also known by this more common name: Answer _____  (D)
   a) Sun burn          b) Heat rash
c) Prickly heat          d) Both B and C

25. On electric clippers, which blade may be adjusted? Answer _____  (A)
   a) Top blade          b) Bottom blade
c) Both blades          d) Neither blade

26. H2O2 has a pH of approximately: Answer _____  (B)
   a) 2.5 - 3.0          b) 3.5 - 4.0
c) 4.5 - 5.5          d) 6.0 - 6.5

27. A thickening of the epidermis usually caused by the application of friction: Answer _____  (D)
   a) Verruca          b) Nevus Flameus
c) Leukoderma          d) Callus / Keratoma

28. Petrolatum is often used as: Answer _____  (B)
   a) A finishing rinse          b) Base cream
c) Conditioner          d) A sensitive scalp relaxer

29. What type of cape should be used for all chemical services? Answer _____  (A)
   a) Plastic          b) Cloth
c) Linen            d) All of the above would be correct
30. Which is true of electric clippers?  
   a) Lower blade stationary, upper blade moves  
   b) Lower blade moves, upper blade is stationary  
   c) Both blades move in opposite directions  
   d) Varies based upon the manufacturer  
   Answer _____  (A)

31. What type of cape should be used for a pressing / thermal “silking” service?  
   a) Plastic  
   b) Cloth  
   c) Linen  
   d) Either B or C  
   Answer _____  (D)

32. What is the most common neutralizer/stabilizer/fixative used in a permanent wave?  
   a) Sodium hydroxide  
   b) Sodium bromate  
   c) Hydrogen peroxide  
   d) Sodium hypochlorite  
   Answer _____  (C)

33. What is the most common neutralizer/stabilizer/fixative used in a permanent relaxer?  
   a) Sodium hydroxide  
   b) Sodium bromate  
   c) Hydrogen peroxide  
   d) Sodium hypochlorite  
   Answer _____  (B)

34. Synthetic hair dyes are also known as:  
   a) Azo dyes  
   b) Organic dyes  
   c) Vegetable dyes  
   d) Metallic dyes  
   Answer _____  (A)

35. In a permanent wave procedure, the permanent wave solution acts as the:  
   a) Reduction agent  
   b) Reducing agent  
   c) Oxidative agent  
   d) Either A or B  
   Answer _____  (D)

36. Redox is the contraction for (reduction-oxidation). In a redox reaction, the:  
   a) Oxidizing agent is increased and the reducing agent is reduced  
   b) Oxidizing agent is reduced and the reducing agent is oxidized  
   c) Oxidizing agent remains stable while the reducing agent is oxidized  
   d) Oxidizing agent is reduced while the reducing agent remains stable / unchanged  
   Answer _____  (B)

37. In a permanent wave procedure, the neutralizing solution acts as the:  
   a) Reduction agent  
   b) Reducing agent  
   c) Oxidative agent  
   d) Either A or B  
   Answer _____  (C)

38. In a permanent hair-coloring procedure, the hair-color itself acts as the:  
   a) Reduction agent  
   b) Reducing agent  
   c) Oxidative agent  
   d) Either A or B  
   Answer _____  (D)

39. What is another name for a penetrating tint:  
   a) Oxidative tint  
   b) Metallic tint  
   c) Certified color tint  
   d) None of the above  
   Answer _____  (A)

40. What is another name for an oxidative tint?  
   a) Penetrating tint  
   b) Metallic tint  
   c) Certified color tint  
   d) None of the above  
   Answer _____  (A)

41. Certified colors are used in:  
   a) Temporary rinses  
   b) Para-phenylene-diamine colors  
   c) Azo dyes  
   d) Aniline derivative tints  
   Answer _____  (A)

42. The FDA does not require a P.D. Test for which of the following:  
   a) Certified colors  
   b) Azo dyes  
   c) Temporary colors  
   d) Both A and C  
   Answer _____  (D)

43. A permanent wave wrapping technique with the hair wrapped from scalp to ends:  
   a) Croquignole  
   b) Halo  
   c) Piggy-back  
   d) Spiral  
   Answer _____  (D)
44. Postpartum alopecia refers to:
   a) Permanent hair loss during a pregnancy  
   b) Temporary hair loss before a pregnancy
   c) Any type of hair loss during a pregnancy  
   d) Temporary hair loss after a pregnancy
   Answer _____  (D)

45. All of the following are “Complimentary Colors” except:
   a) Blue / Orange  
   b) Violet / Yellow
   c) Red / Green  
   d) Yellow / Blue
   Answer _____  (D)

46. Dermatitis venenata refers to this condition:
   a) A patch test with no obvious inflammation  
   b) Flat, brown skin spots
   c) A positive P.D. Test with inflamed skin  
   d) Age spots
   Answer _____  (C)

47. Which of the following is a metallic dye?
   a) Henna  
   b) Temporary colors / dyes
   c) Vegetable dyes  
   d) Progressive dyes
   Answer _____  (D)

48. If the cotton turns purple in a permanent wave, this indicates:
   a) Presence of Certified Colors on the hair  
   b) Allergic reaction, rinse immediately
   c) Presence of Metallic Salts on the hair  
   d) Presence of vegetable dyes on the hair
   Answer _____  (C)

49. In hair cutting, the area above the parietal / crest is referred to as the:
   a) Exterior  
   b) Interior
   c) Top  
   d) None of the above
   Answer _____  (B)

50. In hair cutting, the area below the parietal / crest is referred to as the:
   a) Exterior  
   b) Interior
   c) Top  
   d) None of the above
   Answer _____  (A)

51. Which of the following is a direct current (DC)?
   a) Sinusodial  
   b) Faradic
   c) Tesla / Violet Ray  
   d) Galvanic
   Answer _____  (D)

52. Which of the following currents may be either soothing or stimulating,
    depending upon method of application?
   a) Sinusoidal  
   b) Faradic
   c) Tesla / High Frequency / Violet Ray  
   d) Galvanic
   Answer _____  (D)

53. Which of the following should not be administered to pregnant women?
   a) Sinusodial  
   b) Faradic
   c) Tesla / Violet Ray  
   d) Galvanic
   Answer _____  (C)

54. When cutting a BOB, Blunt Cut, or Solid Form, the most common cutting position is:
   a) Palm Down  
   b) Palm Up
   c) Palm-To-Palm  
   d) None of the above
   Answer _____  (A)

55. When cutting diagonal lines, the most common cutting position is:
   a) Palm Down  
   b) Palm Up
   c) Palm-To-Palm  
   d) None of the above
   Answer _____  (B)

56. In electrical measurements, Ohms are a measure of:
   a) Pressure  
   b) Alternating current
   c) Strength  
   d) Resistance
   Answer _____  (D)

57. Oxidation occurs during which of the following periods:
   a) Processing  
   b) Oxidative
   c) Neutralization  
   d) Reduction
   Answer _____  (C)

58. What is the basic ingredient in the majority of cuticle solvents?
   a) Sodium Hydroxide  
   b) Hydrogen Peroxide
   c) Potassium Nitrate  
   d) Potassium Hydroxide
   Answer _____  (D)
59. Consists of rows of hair wefts, sewn to strips of elastic:  
   a) Cap wig  
   b) Capless wig  
   c) Chignon  
   d) Toupee  
   Answer _____  (B)

60. Consists of elasticized mesh fibers to which the hair is attached:  
   a) Cap wig  
   b) Capless wig  
   c) Chignon  
   d) Toupee  
   Answer _____  (A)

61. Metallic Dyes are also known as:  
   a) Certified Dyes  
   b) True Dyes  
   c) Temporary Colors  
   d) Progressive Dyes  
   Answer _____  (D)

62. The portion of a pin-curl that demonstrates the curl direction:  
   a) Base  
   b) Stem / Arc  
   c) Circle  
   d) None of the above  
   Answer _____  (B)

63. The process of building up larger molecules from smaller ones during metabolism:  
   a) Metabolism  
   b) Catabolism  
   c) Anabolism  
   d) Anaphoresis  
   Answer _____  (C)

64. The process of breaking down larger molecules into smaller ones during metabolism:  
   a) Metabolism  
   b) Catabolism  
   c) Anabolism  
   d) Anaphoresis  
   Answer _____  (B)

65. Term applied to the process of creating larger molecules from smaller molecules:  
   a) Metabolism  
   b) Catabolism  
   c) Anabolism  
   d) Anaphoresis  
   Answer _____  (C)

66. Conditions that are generally brief in duration, but often severe, are referred to as:  
   a) Chronic  
   b) Catabolic  
   c) Metabolic  
   d) Acute  
   Answer _____  (D)

67. Conditions that tend to be frequent, long term and/or habitual are referred to as:  
   a) Chronic  
   b) Catabolic  
   c) Metabolic  
   d) Acute  
   Answer _____  (A)

68. Lines that are curved INWARDS, are called:  
   a) Convex Lines  
   b) Oval Lines  
   c) Perpendicular Lines  
   d) Concave Lines  
   Answer _____  (D)

69. Lines that are curved OUTWARDS, are called:  
   a) Convex Lines  
   b) Oval Lines  
   c) Perpendicular Lines  
   d) Concave Lines  
   Answer _____  (A)

70. When the client presents with a combination of a dominant forehead prominent chin, and a small nose, this facial shape is referred to as:  
   a) Oval  
   b) Flat  
   c) Convex  
   d) Concave  
   Answer _____  (D)

71. This is the active tissue from which nail cells are generated:  
   a) Eponychium  
   b) Nail Matrix  
   c) Lunula  
   d) Nail root  
   Answer _____  (B)

72. The term describing inflammation of the skin around the nails:  
   a) Onychophagy  
   b) Paronychia  
   c) Onychia  
   d) Eponychium  
   Answer _____  (B)

73. Condition allowing an infected person to carry a disease without symptoms:  
   a) Symptomatic  
   b) Non-symptomatic  
   c) Asymmetrical  
   d) Asymptomatic  
   Answer _____  (D)
74. In electrical measurements, Amps / Amperes are a measure of:  
   a) Pressure b) Alternating current  
   c) Strength d) Resistance  
Answer _____ (C)

75. Which of the following is a correct statement:  
   a) Alternating current flows in one direction only  
   b) Volts / Voltage is a measure of electrical energy used per second  
   c) The FDA determines the efficacy of products used for infection control  
   d) Objective means something that can be seen / observed by others  
Answer _____ (D)

76. Concave rods will produce which type of curl?  
   a) One that is uniform throughout b) One that is looser at the center  
   c) One that is tighter at the base d) One that is tighter at the ends  
Answer _____ (D)

77. Straight rods will produce which type of curl?  
   a) One that is uniform throughout b) One that is looser at the center  
   c) One that is tighter at the base d) One that is tighter at the center  
Answer _____ (A)

78. This is a highly infectious disease that attacks and infects the liver:  
   a) SIV b) HIV  
   c) AIDS d) HBV  
Answer _____ (D)

79. In haircutting, asymmetrical balance is created when:  
   a) Weight is positioned equally from center axis b) The weight line is in the crown  
   c) Weight is positioned unequally from center axis d) None of the above  
Answer _____ (C)

80. Depilatories are:  
   a) Non-chemical substances that dissolve the hair at skin level  
   b) Chemicals (creams, paste, powder) used in relaxing overly curly hair  
   c) Chemical substances used to dissolve the hair below skin level  
   d) Chemical substances (cream, paste, powder) used to dissolve the hair at skin level  
Answer _____ (D)

81. An inflammatory disorder of the skin:  
   a) Onychophagy b) Vitiligo  
   c) Epidermis d) Dermatitis  
Answer _____ (D)

82. A stable guideline to which all hair lengths are directed prior to cutting:  
   a) Movable guideline b) Traveling guideline  
   c) Weight line d) Stationary guideline  
Answer _____ (D)

83. A non-moving, small amount of previously cut hair, used as a length guide:  
   a) Movable guideline b) Traveling guideline  
   c) Stationary guideline d) Both A and B are correct  
Answer _____ (C)

84. “Relaxing the Set” most nearly means:  
   a) Brushing out the curl to loosen it  
   b) Misting lightly with hair spray prior to integration of the base  
   c) Integrating the base by back-brushing the curl from the ends to the scalp  
   d) Integrating the base by brushing the curl from scalp to ends  
Answer _____ (D)

85. Eumelanin is the melanin responsible for:  
   a) Eye color b) Skin color  
   c) Red and Blonde hair color d) Brown and Black hair color  
Answer _____ (D)

86. Pheomelanin is the melanin responsible for:  
   a) Eye color b) Skin color  
   c) Red and Blonde hair color d) Brown and Black hair color  
Answer _____ (C)
87. What portion of the thermal pressing comb carries the heat and does the pressing? Answer _____ (B)
a) Handle                                                       b) Rod
c) Teeth                                                         d) Tang

88. Which of the following is another name for “Pure” Colors? Answer _____ (A)
a) Primary Colors b) Secondary Colors
c) Tertiary Colors d) Certified Colors

89. Which of the following are “Pure” Colors: Answer _____ (D)
a) Green, Orange, Violet b) Red, Blue, White
c) Black and White d) Red, Blue, Yellow

90. Which of the following approves the efficacy of products used for infection control: Answer _____ (C)
a) State Board/s of Cosmetology b) OSHA
c) EPA d) CDC

91. A chemical process occurring daily in the salon, whereby a hydroxide relaxer removes one atom of sulfur from a disulfide bond is referred to as: Answer _____ (B)
a) Oxidation b) Lanthionization
c) Lithiumization d) None of the above

92. When cutting diagonal lines (movement), the most common cutting position is: Answer _____ (B)
a) Palm Down                                           b) Palm Up
c) Palm-To-Palm                                              d) All of the above

93. An “Invisible Braid”, is another name given to a: Answer _____ (C)
a) Fishtail Braid      b) Two Strand Braid
c) French Braid       d) Three Strand Braid

94. A “Fishtail Braid” involves: Answer _____ (B)
a) Three Strands b) Two Strands
c) Four Strands d) Either A or B

95. An “under-braid”, is also known as a: Answer _____ (D)
a) Two Strand Braid b) Fishtail Braid
c) French Braid       d) Cornrow Braid

96. A Three Strand Over Braid, is also known as a: Answer _____ (C)
a) Two Strand Braid b) Fishtail Braid
c) French Braid       d) Cornrow Braid

97. A “hand-knotted” wig is also referred to as: Answer _____ (A)
a) Cap wig                                            b) Capless wig
c) Toupee d) All of the above

98. This type of relaxer is usually advertised as “no-lye” relaxer: Answer _____ (C)
a) Sodium hydroxide                            b) Lithium hydroxide
c) Guanidine                                          d) Potassium hydroxide

99. In haircutting, graduation means: Answer _____ (A)
a) Shorter exterior length progressing to longer interior length
b) Longer exterior length, with shorter interior length
c) A 90 degree angle at the nape, with a stationary guideline all around
d) Any type of haircut using a traveling guideline

100. The diplococci bacteria causes: Answer _____ (B)
a) Syphilis b) Pneumonia
c) Strep throat d) Treponeda Pallida
1. “Stem” (1/2, Full, or No), is a term used with pin-curl sets, “Base” is a term used with:  Answer _____ (C)
   a) Permanent wave sets  
   b) Curling iron sets 
   c) Roller sets 
   d) Hot iron set 

2. Which of the following roller sets (wet sets) will create the least volume:  Answer _____ (C)
   a) No stem 
   b) Half stem 
   c) On base 
   d) Full stem 

3. Which of the following pin-curl sets will create the least volume:  Answer _____ (D)
   a) No stem 
   b) Half stem 
   c) On base 
   d) Full stem 

4. Which of the following pin-curl sets will create the most volume: Answer _____ (A)
   a) Full stem 
   b) On base 
   c) Off base 

HINT: Because the term “base” applies only to roller/wet sets, while the term “stem” applies only to pin-curl sets; in questions 2 and 4, there is only one possible correct answer. Look at the answer choices carefully and you will see this. Do not hurry, read each question carefully, and look at ALL answers before choosing. There is no prize for finishing quickly!

5. Eumelanin is the melanin responsible for:  Answer _____ (D)
   a) Eye color 
   b) Skin color 
   c) Red and Blonde hair color 
   d) Brown and Black hair color 

6. A uniformed layered cut (same length throughout) is cut at what angle / degree:  Answer _____ (C)
   a) 0 
   b) 45 
   c) 90 
   d) 180 

7. A haircut using a 0 degree/angle is referred to as all of the following except:  Answer _____ (A)
   a) Wedge 
   b) BOB 
   c) Blunt cut 
   d) Solid form 

8. A haircut using a 180 degree angle will have which of the following lengths:  Answer _____ (C)
   a) Longer interior, shorter exterior 
   b) Horizontal lines with a longer interior 
   c) Shorter interior, longer exterior 
   d) None of the above 

9. Which of the following design lines would be used to add weight / build weight line?  Answer _____ (B)
   a) Vertical lines 
   b) Horizontal lines 
   c) Diagonal lines 
   d) Perpendicular lines 

10. Which of the following pin-curl sets will help avoid splits, especially at the hairline: Answer _____ (D)
    a) Round stem 
    b) Square stem 
    c) Rectangular stem 
    d) Triangular stem 

11. Wigs, whether made from Human or Synthetic hair, are colored using: Answer _____ (B)
    a) Tint 
    b) Fabric color 
    c) Demi-permanent color 
    d) Deposit only color 

12. A wig covers:  Answer _____ (D)
    a) More than 50% of the head 
    b) Less than 50% of the head 
    c) 50% to 75% of the head 
    d) 80% to 100% of the head 

13. The French word "Postiche", refers to:  Answer _____ (A)
    a) Certain types of hairpieces 
    b) A skip wave and "stand-up" pin curls 
    c) A haircut using heavy texturizing 
    d) Invisible or "French Braids"
14. After tweezing a client's eye brows, the esthetician should apply: 
   a) Alcohol                          b) Cleansing cream                      
   c) Powder                           d) Astringent

15. In performing a thermal pressing service, the pressing should begin: 
   a) At the hairline                   b) Mid-shaft                             
   c) At the scalp                     d) At the ends

16. To correct a complexion with an underling yellow tone, what color would you use? 
   a) Blue                             b) Violet                               
   c) Yellow                           d) Pink

17. When cutting hair, if some parts are wet while others are dry, the likely outcome will be: 
   a) Textured                         b) Beveled                              
   c) Uneven                           d) None of the above

18. To make close set eyes appear further apart, use: 
   a) Shadow at the outer corner of the eyes 
   b) Shadow at the inner corner of the eyes 
   c) Shadow evenly across the eyelid 
   d) Raise the brow arch at outer edge of brow

19. Before doing a waxing service on a client, what should you do: 
   a) Make certain the area is clean and dry 
   b) Check the wax temperature 
   c) Conduct a P.D. test 
   d) All of the above

20. Hard wax is generally used for: 
   a) Small areas                       b) Sensitive areas                      
   c) Large areas                       d) All of the above

21. If a potential waxing client had dilated blood vessels, or varicose veins, you should: 
   a) Use a soft wax                     b) Use a cold wax                        
   c) Use a wax for sensitive skin      d) Refuse the service

22. After a P.D. Test, how long should you wait before performing a waxing service? 
   a) 30 minutes                         b) One hour                              
   c) 24 - 48 hours                     d) 5 - 7 minutes

23. When waxing a large area, it is generally advisable to use: 
   a) Hard wax                          b) Soft Wax                             
   c) Inexpensive Wax                    d) Resin Wax

24. During a chemical service, you realize a client's hair has a metallic dye on it, you should: 
   a) Apply neutralizer                  b) Apply stabilizer                     
   c) Continue with service             d) Rinse with water

25. What effect does an astringent have on the pores? 
   a) Dilation                          b) Constriction                         
   c) Opens them                        d) All of the above

26. Pityriasis refers to: 
   a) Excessive sweating                b) Dry skin                             
   c) Ingrown nails                     d) None of the above

27. Broad Spectrum Disinfectants were formerly known as: 
   a) Hospital Grade Disinfectants      b) Hospital Level Disinfectants        
   c) Multi-spectrum Disinfectants      d) Both A and B

28. What should you apply after an eyebrow tweezing? 
   a) Cleansing cream                   b) Powder                               
   c) Astringent                        d) All of the above

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29. Which of the following agencies is responsible for approval of disinfectant solutions?  Answer _____  (D)
   a) Food and Drug Administration  b) Bureau of Barbering and Cosmetology
   c) State Board of Cosmetology  d) Environmental Protection Agency

30. An indication that a client’s hair has a metallic dye on it would be: Answer _____  (A)
   a) During a permanent waving process, the hair begins to smoke  b) Hair has a greenish cast
   c) After processing is complete, the hair has no curl formation  d) Hair is dry and brittle

31. Pheomelanin is the melanin responsible for: Answer _____  (C)
   a) Eye color  b) Skin color
   c) Red and Blonde hair color  d) Brown and Black hair color

32. Which of the following is contagious? Answer _____  (D)
   a) Psoriasis  b) Onychophagy
   c) Androgenic Alopecia  d) None of the above

33. A “hand-knotted” wig is also referred to as: Answer _____  (A)
   a) Cap wig  b) Capless wig
   c) Toupee  d) All of the above

34. Machine made, or tied, wigs are also referred to as: Answer _____  (A)
   a) Capless wigs  b) Cap wigs
   c) Chignons  d) Wiglets

35. Over active sebaceous glands will result in what condition? Answer _____  (A)
   a) Oily skin  b) Dry skin
   c) Inflamed skin  d) Florid skin

36. What is the correct ratio for mixing a Quats solution? Answer _____  (B)
   a) 1 : 100  b) 1 : 1,000
   c) 1 : 10,000  d) 1 : 100,000

37. What is the purpose of applying an astringent after tweezing the eye brows: Answer _____  (B)
   a) Close the pores  b) Contract the pores
   c) Open the pores  d) Kill bacteria

38. The more common name for Canities is: Answer _____  (C)
   a) Baldness / Hair loss  b) Lice
   c) Gray hair  d) None of the above

39. The more common name for Alopecia is: Answer _____  (A)
   a) Baldness / Hair loss  b) Lice
   c) Gray hair  d) None of the above

40. The more common name for Barba is: Answer _____  (B)
   a) Men’s hair stylist  b) Beard
   c) Goatee  d) Eyebrow

41. Hair "Density" refers to: Answer _____  (A)
   a) Hairs per square inch  b) Hair thickness
   c) Hair texture  d) All of the above

42. Hair "Diameter" refers to: Answer _____  (B)
   a) Hairs per square inch  b) Hair thickness
   c) Hair texture  d) All of the above

43. Shingling is a haircutting term referring to: Answer _____  (D)
   a) Long layers  b) Blunt cutting
   c) Inverted / triangular shaped bangs  d) Short, close layers
44. Hyperhidrosis refers to:  
   a) Excessively bad or foul smelling sweat  
   b) Excessively high/heavy amount of sweat  
   c) The inability to sweat  
   d) None of the above  
   Answer ____  (B)

45. Skin exfoliation would be contra-indicated when the following condition/s exist:  
   a) Inflamed tissues  
   b) Cold sores  
   c) Broken capillaries  
   d) All of the above  
   Answer ____  (D)

46. In order to achieve the best waxing result, what is the optimal length of hair?  
   a) 1/8 to 1/4 inch  
   b) 1/4 to 1/2 inch  
   c) 1/2 to 3/4 inch  
   d) 3/4 to 1 inch  
   Answer ____  (B)

47. Black, White, and Gray are:  
   a) Primary colors  
   b) Secondary colors  
   c) Tertiary colors  
   d) Achromatic colors  
   Answer ____  (D)

48. Bromhidrosis refers to:  
   a) Excessively bad or foul smelling sweat  
   b) Excessively high level / amount of sweating  
   c) The inability to sweat  
   d) None of the above  
   Answer ____  (A)

49. Sebaceous glands are found everywhere on the body except:  
   a) Palms of hands  
   b) Scalp  
   c) Face  
   d) Palms of hands and soles of feet  
   Answer ____  (D)

50. Where is the greatest width found in a diamond shaped face?  
   a) At the chin  
   b) At the jaw line  
   c) At the temples  
   d) At the zygomaticus bone  
   Answer ____  (D)

51. Tesla (high-frequency) current is also known as:  
   a) Blue ray  
   b) Violet ray  
   c) White light  
   d) Ultra violet light  
   Answer ____  (B)

52. If a hair cutting client has red patchy skin with silvery white scales, you should:  
   a) Refuse the service, psoriasis is contagious  
   b) Recommend they see a dermatologist  
   c) Continue service, psoriasis isn’t contagious  
   d) None of the above  
   Answer ____  (C)

53. Which electrical modality is contra-indicated for women who are pregnant?  
   a) Faradic  
   b) Tesla / High-Frequency / Violet Ray  
   c) Galvanic  
   d) Sinusoidal  
   Answer ____  (B)

54. Friction is:  
   a) A tapping movement  
   b) A rubbing movement  
   c) A kneading or rolling movement  
   d) A light stroking movement  
   Answer ____  (B)

55. Petrissage is:  
   a) A tapping movement  
   b) A rubbing movement  
   c) A kneading or rolling movement  
   d) A light stroking movement  
   Answer ____  (C)

56. Tapotement is:  
   a) A tapping movement  
   b) A rubbing movement  
   c) A kneading or rolling movement  
   d) A light stroking movement  
   Answer ____  (A)

57. Effleurage is:  
   a) A tapping movement  
   b) A rubbing movement  
   c) A kneading or rolling movement  
   d) A light stroking movement  
   Answer ____  (D)

58. You should recommend a hot oil mask for which of the following skin types:  
   a) Acne prone skin  
   b) Mature skin  
   c) Aging skin  
   d) Dry skin  
   Answer ____  (D)
59. The perimeter of a hair cut is found: Answer _____  (C)
   a) At the Fringe       b) At the nape
   c) At the outer edge    d) None of the above

60. When cutting extremely curly hair with clippers, the clipper should be held: Answer _____  (D)
   a) At a 0 degree angle to the comb   b) At a 45 degree angle to the comb
   c) At a 90 degree angle to the comb   d) In the same position as the comb

61. To remove Strip / Band eyelashes: Answer _____  (D)
   a) Beginning at the outer corner, pull quickly
   b) Beginning at the inner corner, pull quickly
   c) Pull gently, beginning at the inner corner
   d) Beginning at the outer corner, pull gently

62. In a razor cut, the hair should be: Answer _____  (C)
   a) Dry       b) Wet
   c) Damp     d) All of the above

63. Alternating rows of Finger Waves and Pin-Curls are referred to as: Answer _____  (B)
   a) Cascade Waves
   b) Skip Waves
   c) Croquignole Waves
   d) None of the above

64. A client with Level 3 hair wants it lifted to a Level 9 with a pastel tone, the stylist should: Answer _____  (D)
   a) Apply a Level 10 tint with 30 v. H2O2
   b) Apply a Level 9 tint with 40 v. H2O2
   c) Send the client away
   d) Double process, bleach & tone

65. What is the action of alkaline products on the hair: Answer _____  (B)
   a) Harden and shrink
   b) Soften and swell
   c) Both A and B
   d) None of the above

66. What is the action of a chemical relaxer (such as: sodium hydroxide), on the hair: Answer _____  (B)
   a) Harden and shrink
   b) Soften and swell
   c) Both A and B
   d) None of the above

67. What is the action of a permanent wave solution (such as: Thio), on the hair: Answer _____  (B)
   a) Harden and shrink
   b) Soften and swell
   c) Both A and B
   d) None of the above

68. What is the action of an acid on the hair shaft: Answer _____  (A)
   a) Harden and shrink
   b) Soften and swell
   c) Both A and B
   d) None of the above

69. Neutralizers / Stabilizers & Fixatives are all: Answer _____  (A)
   a) Acids
   b) Alkalines
   c) Neutral
   d) May be all or any of the above

70. What is the action of Neutralizers, Stabilizers and Fixatives on the hair shaft: Answer _____  (A)
   a) Harden and shrink
   b) Soften and swell
   c) Both A and B
   d) None of the above

71. Toners are aniline derivative tints containing pale/delicate shades. They are used: Answer _____  (A)
   a) After lighteners
   b) Before lighteners
   c) After chemical services
   d) If hair has faded from a chemical service

72. Prior to using an aniline tint, a Patch Test is given to determine: Answer _____  (C)
   a) Possible allergic reactions
   b) Possible sensitivity
   c) Both A and B
   d) None of the above

73. What is the effect of Certified Colors on the hair shaft: Answer _____  (C)
   a) Enter the cortex
   b) Partially enter the cortex
   c) Coat the hair shaft
   d) Soften and swell the hair shaft
74. To produce a forward curl, wind the pin-curls: Answer _____ (A)
   a) Counter-clockwise          b) Clockwise
   c) With a triangular base      d) Alternating, counter-clockwise and clockwise

75. After a permanent wave service, the hair is dry and brittle. The most likely reason is: Answer _____ (D)
   a) Under processing          b) Over processing
   c) Uneven wrapping          d) Over neutralization

76. The mobility of a pin-curl is determined by its: Answer _____ (D)
   a) Base                    b) Arc
   c) Circle                  d) Stem

77. Prior to using an aniline tint, a Strand Test is given to determine: Answer _____ (D)
   a) Possible allergic reactions  b) Time product should be left on the hair
   c) Result to be expected       d) Both B and C

78. A shampoo used to neutralize a relaxer would generally have a pH in what range? Answer _____ (B)
   a) 2.5 - 4.5                b) 4.5 - 5.5
   c) 2.5 - 5.5                d) 5.5 - 7.5

79. A stable guideline to which all hair lengths are directed prior to cutting: Answer _____ (D)
   a) Movable guideline        b) Traveling guideline
   c) Weight line              d) Stationary guideline

80. A non-moving, small amount of previously cut hair, used as a length guide: Answer _____ (C)
   a) Movable guideline        b) Traveling guideline
   c) Stationary guideline     d) Both A and B are correct

81. When doing a "Tint-Back" from a light blonde to a dark brown, the stylist should: Answer _____ (B)
   a) Use 2 shades darker than target color          b) Use a filler
   c) Use a deposit only color with 30 v H2O2          d) Use 30 v peroxide

82. When doing a "Tint-Back" from a light blonde to a dark brown, the stylist should: Answer _____ (A)
   a) Use 1 shade darker than target color          b) Use a Toner
   c) Use 30 v peroxide                            d) Use a deposit only color with 30 v peroxide

83. When doing a "Tint-Back" from a light blonde to a dark brown, the stylist should: Answer _____ (D)
   a) Use 2 shades darker than target color          b) Use 9% H2O2
   c) Use 30 v peroxide                            d) Use 3% H2O2

84. In shampooing bleach from the hair, it is best to use: Answer _____ (D)
   a) Hot water                     b) Warm water
   c) Cold water                    d) Cool water

85. An ashen (gray/green) complexion can be neutralized by using which color make-up base: Answer _____ (D)
   a) Green                      b) Pink
   c) Beige                      d) Red

86. A florid (red) complexion can be neutralized by the use of which color make-up base: Answer _____ (A)
   a) Green                      b) Pink
   c) Beige                      d) Red

87. A ruddy (red) complexion can be neutralized by the use of which color make-up base: Answer _____ (A)
   a) Green                      b) Pink
   c) Beige                      d) Red

88. To even out the porosity in highly lightened/bleached hair for a "Tint-Back", use: Answer _____ (D)
   a) A deep conditioner on the hair          b) 5 v peroxide
   c) 1 shade darker than desired           d) A filler
89. To stop the action of a chemical relaxer, what should the stylist do?  
   a) Rinse the hair with warm water  
   b) Rinse the hair with tepid water  
   c) Both A and B  
   d) Rinse the hair with cold water  

   Answer _____ (C)

90. Certified Colors are considered to be:  
   a) Permanent Colors  
   b) Semi-Permanent Colors  
   c) Demi-Permanent Colors  
   d) Temporary Colors  

   Answer _____ (D)

91. Vitiligo refers to:  
   a) Irregular shaped patches of skin pigmentation  
   b) Hyper pigmentation of the skin  
   c) Irregular shaped patches of skin de-pigmentation  
   d) Hypo pigmentation of the skin  

   Answer _____ (C)

92. All of the following are Secondary Colors except: 
   a) Green, Orange, Violet  
   b) Orange, Violet, Green  
   c) Green, Orange, Yellow  
   d) Violet, Green, Orange  

   Answer _____ (C)

93. A Progressive Hair Dye is one that becomes darker with each application, 
   which of the following is a Progressive Hair Dye:  
   a) Henna  
   b) Aniline Derivative Tint  
   c) Vegetable Tints  
   d) Metallic Dyes  

   Answer _____ (D)

94. The term given the loose, pliable tissue, surrounding and overlapping the nail: 
   a) Hyponychium  
   b) Perionychium  
   c) Eponychium  
   d) Cuticle  

   Answer _____ (D)

95. Antiseptics are used to:  
   a) Destroy pathogenic bacteria  
   b) Destroy all bacteria  
   c) Prevent bacterial growth  
   d) None of the above  

   Answer _____ (C)

96. A client presents with more than 50% gray hair and wants it 
   tinted to his/her natural color. What color should the stylist select:  
   a) 2 shades darker than natural  
   b) 2 shades darker than desired result,  
   c) 2 shades lighter than natural  
   d) 1 shade darker than natural / desired result  

   Answer _____ (D)

97. When coloring resistant gray hair, the stylist should use:  
   a) Tint 1 shade darker than desired result  
   b) A pre-softener  
   c) At least 2 shades darker than target color  
   d) 30 v peroxide  

   Answer _____ (B)

98. The portion of the nail extending beyond the fingertip is referred to as the:  
   a) Eponychium  
   b) Nail plate  
   c) Free edge  
   d) Perionychium  

   Answer _____ (C)

99. The portion of the nail where growth and all cellular activity takes place:  
   a) Hyponychium  
   b) Perionychium  
   c) Nail Mantle  
   d) Nail Matrix  

   Answer _____ (D)

100. Which of the following is not a true statement:  
   a) Direct Current / DC - is a constant, even flowing current, moving in one direction only  
   b) The primary colors are – Red, Yellow, and Blue  
   c) The widest portion of the head is called the Crest or Parietal Ridge  
   d) In electrical measurements, Watts measure resistance  

   Answer _____ (D)
1. Acrylic nails are made from:  
   a) Acrylic gel  
   b) Fiberglass  
   c) Liquid & Powder  
   d) Forms  
   Answer _____ (C)

2. How will the result differ if you use 30 v H2O2 as opposed to 6 % H2O2?  
   a) More lift, more deposit  
   b) Same lift, same deposit  
   c) Less lift, more deposit  
   d) More lift, less deposit  
   Answer _____ (D)

3. When thinning fine hair, the best rule of thumb is to remain how far from the scalp:  
   a) 1 - 1/2 inches  
   b) 1 - 2 inches  
   c) 1/4 to 3/4 inch  
   d) 1/2 - 1 inch  
   Answer _____ (D)

4. In hairstyling, frizzy ends may be avoided by:  
   a) Razor cutting them  
   b) Tapering them  
   c) Blunt cutting them  
   d) They cannot be avoided  
   Answer _____ (C)

5. When cutting uniform layers, which hand position is used?  
   a) Cutting over the fingers  
   b) Cutting under the fingers  
   c) Cutting palm-to-palm  
   d) Cutting below the fingers  
   Answer _____ (A)

6. The “shear-over-comb” method generally employs this type of comb:  
   a) Styling comb  
   b) Barber comb  
   c) Metal comb  
   d) Wide tooth comb  
   Answer _____ (B)

7. The name given a type of hairpiece worn primarily by men:  
   a) Postiche  
   b) Wiglet  
   c) Chignon  
   d) Toupee  
   Answer _____ (D)

8. When cutting very straight hair, what is the correct amount of tension?  
   a) No tension  
   b) Slight tension  
   c) Medium tension  
   d) Maximum tension  
   Answer _____ (D)

9. In hair styling, the use of a side part will have what effect?  
   a) Increase volume  
   b) Decrease volume  
   c) Create symmetry  
   d) Create volume  
   Answer _____ (B)

10. Acrylic nails are made from:  
    a) Acrylic gel  
    b) Fiberglass  
    c) Monomer Liquid & Polymer Powder  
    d) Forms  
    Answer _____ (C)

11. In a bleach application, the sub-partings should be:  
    a) 1/16 inch  
    b) 1/4 inch  
    c) 1/2 inch  
    d) 1/8 inch  
    Answer _____ (D)

12. Which of the following is not an effective tool if you want to thin out very thick hair?  
    a) Thinning Shears  
    b) Shears  
    c) Razors  
    d) Clippers  
    Answer _____ (D)

13. The application of a sodium hydroxide relaxer should begin:  
    a) At the back crown  
    b) At the nape  
    c) At the sides  
    d) At the front  
    Answer _____ (B)

14. Eyebrows are tweezed:  
    a) In the opposite direction of growth  
    b) In the same direction as hair growth  
    c) From the outside in  
    d) From the inner edge towards the outer edge  
    Answer _____ (B)
15. This is the widest area of the head: Answer (D)
   a) Occipital  b) Apex
c) Exterior / Crown  d) Parietal / Crest

16. Wet hair, with normal elasticity, can be safely stretched: Answer (A)
   a) 40 - 50% of its length  b) 20 - 40% of its length
c) 70 - 80 % of its length  d) 50 -70% of its length

17. In a waxing hair removal service, the wax is removed: Answer (C)
   a) Quickly, in the same direction of hair growth  b) Slowly, in the opposite direction of hair growth
c) Quickly, in the opposite direction of hair growth  d) Slowly, in the same direction as the hair growth

18. This bone is found in the forearm and on the same side as the thumb: Answer (A)
   a) Radius  b) Ulna
c) Femur  d) Carpus

19. An "Invisible Braid" is also known as: Answer (C)
   a) A Cornrow Braid  b) A French Braid
c) An Inverted Braid  d) A Fishtail Braid

20. Overlapping the strands on top of the braid will create: Answer (D)
   a) A visible French Braid  b) An invisible French Braid
c) An inverted French Braid  d) Both B and C

21. Cornrow Braids are the same as: Answer (C)
   a) Visible Fishtail Braid  b) Invisible Braids
c) Visible French Braids  d) Invisible Fishtail Braids

22. Cutting the hair at a 0 degree angle / elevation, will achieve which of the following: Answer (B)
   a) Longer layers  b) No layers
c) Minimum layering  d) A beveled edge

23. During a manicure, cuticle remover is applied to the cuticle to: Answer (B)
   a) Remove it  b) Soften it
c) Harden it  d) Dissolve it

24. When doing a pin-curl set, where are the clippies anchored: Answer (A)
   a) Clippie enters at the open end  b) Clippie enters at the closed end
c) Clippie enters at the arc  d) Clippie enters at the circle

25. If a manicurist causes minor bleeding, it is best stopped with: Answer (D)
   a) A styptic pencil  b) Styptic powder
c) Powdered alum  d) Both B and C

26. The term used to describe the number of hairs per square inch is: Answer (C)
   a) Thickness  b) Texture
c) Density  d) All of the above

27. When cutting hair using "Double-Notched" thinning shears, what will be the result? Answer (A)
   a) Remove less hair than Single-Notched shears  b) Remove more hair than Single-Notched
c) Create a more "Textured" look than with shears  d) None of the above

28. In hair coloring, the term "Double-Process" means using? Answer (A)
   a) A lightener followed by a deposit color  b) Double strength or 40 v peroxide
c) A lightener followed by a lift and deposit color  d) Using double the amount of peroxide

29. Which of the following is not part of a cell: Answer (B)
   a) Cytoplasm  b) Axom
c) Nucleus  d) Cell membrane
30. Eye Tabbing involves: Answer _____ (C)
   a) The application of Band lashes
   b) Permanent make-up applied as eyeliner
   c) Application of individual eye lashes
   d) Application of Strip lashes

31. Which of the following will not serve as an electrical insulator? Answer _____ (C)
   a) Wood
   b) Silk
   c) Water
   d) Rubber

32. In general, what markers does the stylist use in cutting the Fringe / Bang area: Answer _____ (A)
   a) Outer corner of the eyes
   b) Inner corner of the eyes
   c) End of the eye brow
   d) Front of the ear

33. The portion of the pin-curl found between the base and the first arc is: Answer _____ (A)
   a) The stem
   b) The circle
   c) The body
   d) The strand

34. This is a type of aniline derivative tint comprised of pale / delicate colors: Answer _____ (C)
   a) Semi-permanent colors
   b) Demi-permanent colors
   c) Toners
   d) Certified Colors

35. If a client has lice, the stylist must: Answer _____ (C)
   a) Refer to a physician
   b) Recommend a shampoo designed to kill lice
   c) Refuse service
   d) All of the above

36. Combination Light is also known as: Answer _____ (C)
   a) Red light
   b) Blue Light
   c) White Light
   d) None of the above

37. Underactive sebaceous glands will result in what condition? Answer _____ (A)
   a) Dry skin
   b) Oily skin
   c) Florid complexion
   d) Milia

38. In hair cutting, the area above the parietal / crest is referred to as the: Answer _____ (B)
   a) Exterior
   b) Interior
   c) Top
   d) None of the above

39. In hair cutting, the area below the parietal / crest is referred to as the: Answer _____ (A)
   a) Exterior
   b) Interior
   c) Top
   d) None of the above

40. Oxidation occurs during which of the following periods: Answer _____ (C)
   a) Processing
   b) Oxidative
   c) Neutralization
   d) Reduction

41. Reduction occurs during which of the following periods: Answer _____ (A)
   a) Processing
   b) Oxidative
   c) Neutralization
   d) Reduction

42. Determining the efficacy of products used for infection control, is a function of the: Answer _____ (D)
   a) FDA
   b) DOT
   c) FBI
   d) EPA

43. Ultra violet sanitizers are best suited for which of the following: Answer _____ (D)
   a) Sanitizing implements
   b) Disinfecting implements
   c) Sterilizing implements
   d) Storing clean implements

44. Which treatment may be effective on a client exhibiting signs of alopecia: Answer _____ (B)
   a) Scalp massage
   b) High frequency
   c) Facial steaming
   d) Oil manicures
45. What type/s of surfaces may be disinfected?  
   a) Porous surfaces  
   b) Nails  
   c) Non-porous surfaces  
   d) Plastics  
   Answer _____  (C)

46. When performing a thermal service, the purpose of pressing oil is:  
   a) To add shine  
   b) To make result longer lasting  
   c) To protect hair from heat  
   d) Make hair more pliable  
   Answer _____  (C)

47. In hair cutting, the hairline is referred to as the:  
   a) Interior  
   b) Exterior  
   c) Perimeter  
   d) Fringe  
   Answer _____  (C)

48. The term "epidermis" refers to:  
   a) The fatty layer of the skin  
   b) The Adipose layer of the skin  
   c) The deepest portion of the hair follicle  
   d) The top-most layer of the skin  
   Answer _____  (D)

49. What is the Latin / technical term for skin?  
   a) Capilli  
   b) Canities  
   c) Derma  
   d) Alopecia  
   Answer _____  (C)

50. If you have a "sallow" complexion, you have what color undertones?  
   a) Blue  
   b) Violet  
   c) Red  
   d) Yellow  
   Answer _____  (D)

51. Consists of rows of hair wefts, sewn to strips of elastic:  
   a) Cap wig  
   b) Capless wig  
   c) Chignon  
   d) Toupee  
   Answer _____  (B)

52. Consists of elasticized mesh fibers to which the hair is attached:  
   a) Cap wig  
   b) Capless wig  
   c) Chignon  
   d) Toupee  
   Answer _____  (A)

53. The _______ determines the shape and size of the hair shaft:  
   a) Papilla  
   b) Bulb  
   c) Root  
   d) Follicle  
   Answer _____  (D)

54. The "J. L. Color Ring" refers to:  
   a) 50 standardized colors used to color human & synthetic hair  
   b) A color “swatch” ring  
   c) 70 standardized colors used to color human & synthetic hair  
   d) Fantasy color “swatch” ring  
   Answer _____  (C)

55. Pressing the hair on both sides (or twice on one side), to remove all the curl is known as a:  
   a) Soft press / Single press  
   b) Hard press / Double press  
   c) Medium press  
   d) Croquignole press  
   Answer _____  (B)

56. In a Thermal Pressing service, the fine hair found around the hairline requires:  
   a) Less heat  
   b) Less pressure  
   c) More heat and less pressure  
   d) Less heat and less pressure  
   Answer _____  (D)

57. In a Thermal Pressing service, excessive heat on gray / highly lightened hair may cause:  
   a) Breakage of the hair  
   b) Reversion of the hair  
   c) Discoloration of the hair  
   d) Burning of the hair  
   Answer _____  (C)

58. In hair-coloring, the term “Complimentary” means “opposite”, and  
   _____ is the Compliment of_____:  
   a) Green / Orange  
   b) Yellow / Blue  
   c) Violet / Orange  
   d) Blue / Orange  
   Answer _____  (D)

59. When thinning fine hair, how far should the razor be held from the scalp?  
   a) 1/2 inch  
   b) 3/4 inch  
   c) 3/4 inch  
   d) 1 inch  
   Answer _____  (D)
60. The sweat glands are also referred to as the:          Answer _____  (B)
a) Pituitary Glands      b) Sudoriferous Glands
c) Integumentary Glands   d) Sebaceous Glands

61. A stable guideline to which all hair lengths are directed prior to cutting: Answer _____  (D)
a) Movable guideline      b) Traveling guideline
c) Weight line           d) Stationary guideline

62. Broad Spectrum Disinfectants can be used to: Answer _____  (D)
a) Substantially reduce the level of bacteria b) Sanitize porous surfaces
c) Disinfect porous surfaces              d) Kill bacterial growth on a surface

63. In ALL sets (roller, pin-curl, curling iron, permanent wave), Croquignole curling is: Answer _____  (B)
a) Curling hair from scalp to ends        b) Curling hair from ends to scalp
c) The same as Spiral Curling/wrapping   d) Method creating a very tight curl

64. Silking, refers to:                    Answer _____  (A)
a) Relaxes the hair with heat             b) Relaxes the hair with a Thio relaxer
c) Double Pressing the hair              d) Relaxing the hair with a Guanidine relaxer

65. A non-moving, small amount of previously cut hair, used as a length guide: Answer _____  (C)
a) Movable guideline      b) Traveling guideline
c) Stationary guideline   d) Both A and B are correct

66. Dry cuticles may result in this condition: Answer _____  (D)
a) Ingrown nails       b) Hangnails
 c) Aignails             d) Both B and C

67. A half-moon at the base of the nail is known as: Answer _____  (D)
a) Onychia          b) Onychophagy
c) Pterygium          d) Lunula

68. The name given to the amino acids that create proteins by linking long chains together: Answer _____  (B)
a) Disulphide Bonds      b) Peptide Bonds
c) Alkaline Bonds   d) SS Bonds

69. This is the name given to synthetic dyes used in hair-coloring: Answer _____  (D)
a) Certified Colors       b) Metallic Dyes
c) Tertiary Dyes        d) Azo Dyes

70. If lost, how long will it take to grow a new nail plate / nail body: Answer _____  (C)
a) 1 - 2 months       b) 2 - 4 months
 c) 3 - 6 months   d) Cannot be re-generated / regrown

71. The soft tissue found under the nail plate is referred to as: Answer _____  (B)
a) Nail plate       b) Nail bed
c) Onychocryptosis   d) Onychophagy

72. The portion of the nail extending beyond the fingertip is referred to as the: Answer _____  (C)
a) Eponychium       b) Nail plate
c) Free edge       d) Perionychium

73. If the cotton turns purple in a permanent wave, this indicates: Answer _____  (C)
a) Presence of Certified Colors on the hair
 b) Allergic reaction, rinse immediately
c) Presence of Metallic Salts on the hair   d) Presence of vegetable dyes on the hair

74. This type of relaxer is recommended for sensitive scalps: Answer _____  (B)
a) Sodium Hydroxide      b) Guanidine
c) Potassium Hydroxide   d) Lithium Hydroxide
75. If a finger nail is lost, approximately how long will it take to grow back:  
   a) Up to 2 months  
   b) 3 - 6 months  
   c) 6 - 9 months  
   d) 9 - 18 months  
Answer _____  (B)

76. If a toe-nail is lost, approximately how long will it take to grow back:  
   a) Up to 2 months  
   b) 3 - 6 months  
   c) 6 - 9 months  
   d) 9 - 18 months  
Answer _____  (D)

77. The area from the nail root to the free edge, contains no blood vessels / nerves:  
   a) Nail plate  
   b) Nail bed  
   c) Nail body  
   d) Both A and C  
Answer _____  (D)

78. Equal parts of Red and Yellow will make:  
   a) Violet  
   b) Orange  
   c) Blue  
   d) None of the above  
Answer _____  (B)

79. Equal parts of Blue and Yellow will make:  
   a) Light Blue  
   b) Orange  
   c) Violet  
   d) None of the above  
Answer _____  (D)

80. Red, Yellow, and Orange are:  
   a) Primary colors  
   b) Secondary colors  
   c) Warm colors  
   d) Achromatic colors  
Answer _____  (C)

81. Green, Orange, and Violet are:  
   a) Primary colors  
   b) Secondary colors  
   c) Tertiary colors  
   d) Achromatic colors  
Answer _____  (B)

82. Green, Blue, and Violet are:  
   a) Warm tones  
   b) Neutral tones  
   c) Achromatic tones  
   d) Cool tones  
Answer _____  (D)

83. Equal parts of Blue and Yellow will make:  
   a) Violet  
   b) Orange  
   c) Green  
   d) None of the above  
Answer _____  (C)

84. If a client's hair has been lightened and the result is too yellow, it should be toned with:  
   a) Blue  
   b) Green  
   c) Light Brown  
   d) None of the above  
Answer _____  (D)

85. When doing a "Tint-Back" from a very light shade to a much darker shade, use:  
   a) 1 shade lighter than target color  
   b) 1 shade darker than target color  
   c) Demi-permanent color  
   d) Fillers  
Answer _____  (D)

86. When attempting to color predominantly gray hair back to client's natural color, use:  
   a) 1 shade lighter than target color  
   b) 1 shade darker than target color  
   c) Demi-permanent color  
   d) Fillers  
Answer _____  (B)

87. Bleach is used to lift natural pigment, what is used to lift artificial pigment?  
   a) Sodium Hypochlorite  
   b) 40 v H2O2  
   c) High-Lift tints  
   d) Dye solvent  
Answer _____  (D)

88. A client with medium brown hair has tinted her hair dark brown, and now wants it returned to its natural color. What would the stylist use?  
   a) Bleach  
   b) 40 v H2O2  
   c) High-Lift tints  
   d) Dye solvent  
Answer _____  (D)

89. A client with dark brown hair wants it lightened to blonde. What would the stylist use?  
   a) Bleach  
   b) 40 v H2O2  
   c) High-Lift tints  
   d) Dye solvent  
Answer _____  (A)
90. What color would be added to a tint mixture to darken it?  
   a) Black  
   b) Brown  
   c) Blue  
   d) Red  
   Answer _____  (C)

91. Red, Orange, and Yellow are considered:  
   a) Ash tones  
   b) Cool tones  
   c) Achromatic tones  
   d) Warm tones  
   Answer _____  (D)

92. If a client's hair has been lightened and the result is too yellow, it can be toned with:  
   a) Blue  
   b) Green  
   c) Violet  
   d) None of the above  
   Answer _____  (C)

93. If a client's hair has been lightened and the result is too orange, it can be toned with:  
   a) Blue  
   b) Green  
   c) Violet  
   d) None of the above  
   Answer _____  (A)

94. Yellow may be neutralized by the addition of an equal part of:  
   a) Green  
   b) Violet  
   c) Blue  
   d) None of the above  
   Answer _____  (B)

95. Orange may be neutralized by the addition of an equal part of:  
   a) Green  
   b) Violet  
   c) Blue  
   d) None of the above  
   Answer _____  (C)

96. According to the Law of Color, what color pigment is considered the darkest?  
   a) Brown  
   b) Black  
   c) Blue  
   d) Red  
   Answer _____  (C)

97. Most relaxers contain:  
   a) Guanidine  
   b) Lithium  
   c) Thioglycolate  
   d) Sodium  
   Answer _____  (D)

98. This is usually advertised as a "No-Lye" relaxer, for sensitive scalps:  
   a) Sodium Hydroxide  
   b) Lithium Hydroxide  
   c) Guanidine  
   d) Potassium Hydroxide  
   Answer _____  (C)

99. All of the following are true of Guanidine relaxers, except:  
   a) Contain no lye  
   b) Cause less skin/scalp irritation  
   c) More drying to the hair  
   d) Have a lower pH than most Thio relaxers  
   Answer _____  (D)

100. Although recommended for sensitive scalps and sold over-the-counter,  
    this type of relaxer will cause more swelling of the hair-shaft than the more common  
    hydroxy type relaxers, and is more drying to the hair  
    (gentle on scalp, tough on hair):  
    a) Sodium  
    b) Potassium  
    c) Guanidine  
    d) Lithium  
    Answer _____  (C)
1. When should electrical light-bulbs be changed in the salon or spa?  
   a) In accordance with a predetermined replacement schedule or, when they burn out – whichever is sooner 
   b) In accordance with a predetermined replacement schedule or, every 90 days – whichever is sooner 
   c) In accordance with a predetermined replacement schedule or, every 180 days – whichever is sooner 
   d) In accordance with a predetermined replacement schedule or, once each year – whichever is sooner 

2. What is the proper order for disconnecting electrical equipment after a liquid spill:  
   a) Wipe up the spill, power down the equipment, unplug the equipment 
   b) Wipe up the spill, unplug the apparatus, power down the equipment 
   c) Unplug the equipment, wipe up the spill, power down the equipment 
   d) Power down the equipment, wipe up the spill, unplug the apparatus 

3. Which of the following approvals should you look for when purchasing an electrical device?  
   a) FDA Approval      b) OSHA Approval 
   c) U.L. Approval       d) All of the above 

4. Which of the following approvals should you look for when purchasing an electrical device?  
   a) OSHA Approval      b) State Board Approval 
   c) Underwriters Laboratory Agency       d) Underwriters Laboratory Approval 

5. During a clipper cut, water drips into the clippers, what is the likely result?  
   a) Clippers will pull client’s hair   b) Clippers will likely jam 
   c) Electrical shock to client, stylist, or both   d) All of the above 

6. A safety device that automatically interrupts, shuts off, and stops the flow of electrical current in the event of an overload, is referred to as:  
   a) A converter       b) A fuse 
   c) A circuit breaker      d) B and C 

7. A device that protects a circuit from being overloaded:  
   a) A converter       b) A fuse 
   c) B and D       d) A circuit breaker 

8. A device containing a single fine metal wire that allows current to flow:  
   a) A converter       b) A fuse 
   c) A rectifier       d) A circuit breaker 

9. A device containing a fine metal wire that will melt and open the circuit if too much current is flowing through it (effective in preventing many electrical fires):  
   a) A converter       b) A fuse 
   c) A rectifier       d) A circuit breaker 

10. Because electrical appliances cannot be immersed for cleaning, the best method to sanitize the portion coming into contact with the skin is:  
   a) Wipe with an FDA registered disinfectant b) Wipe with 12% H2O2 
   c) Wipe with an alcohol sterilizer       d) Wipe with an EPA registered disinfectant 

11. In the United States, most small electrical appliances run on this type of current:  
   a) 110 v.       b) 120 v. 
   c) 210 v.       d) 220 v. 

12. During a blow-dry service, the air intake manifold is blocked so that air cannot pass easily, what is a likely result?  
   a) Dryer will consume additional electricity b) Hair will take longer to dry 
   c) Dryer may burn out       d) Dryer may overheat and burn out
13. The voltage found coming from wall sockets at the salon or spa, is of what type?  
   a) Oscillating Current  
   b) Alternating Current  
   c) AC / DC Current  
   d) Direct Current  
   Answer _____ ( B )

14. When exposed to light (especially sunlight), this device will produce electrical energy:  
   a) An Incandescent Cell Battery  
   b) A Light Refractor Cell  
   c) A Photo Electric Cell  
   d) A Dry Cell Battery  
   Answer _____ ( C )

15. A device used to change direct current into alternating current:  
   a) Breaker  
   b) Converter  
   c) Fuse  
   d) Rectifier  
   Answer _____ ( B )

16. A device used to change alternating current into direct current:  
   a) Breaker  
   b) Converter  
   c) Fuse  
   d) Rectifier  
   Answer _____ ( D )

17. Generally, only alternating current is available in the salon or spa. Because galvanic therapies require the use of direct current, what is used to convert the alternating current to a direct current:  
   a) Adaptor  
   b) Converter  
   c) Rectifier  
   d) Pacifier  
   Answer _____ ( C )

18. The human body, water, copper, silver and numerous other metals, all easily allow the passage of electrical current; therefore, they re referred to as:  
   a) Open circuits  
   b) Closed circuits  
   c) Insulators  
   d) Conductors  
   Answer _____ ( D )

19. A device used to lower the electrical output of an electrical socket being delivered to an electrical appliance:  
   a) Rectifier  
   b) Conductor  
   c) AC/DC Plate  
   d) Wall Plate  
   Answer _____ ( D )

20. The third prong of an electrical plug (usually round) has, or serves, what purpose?  
   a) Acts as a ground  
   b) Decreases the flow of current  
   c) Increases the amount of current  
   d) Allows for the passage of additional current  
   Answer _____ ( A )

21. Electronic facial treatments are usually referred to as:  
   a) Photo Facials  
   b) Electrotherapy Facials  
   c) Galvanic Current Facials  
   d) High Frequency Facials  
   Answer _____ ( B )

22. This is the technical name given any electrical appliance:  
   a) Apparatus  
   b) Closed Circuit  
   c) Transmitter  
   d) Load  
   Answer _____ ( D )

23. An apparatus used to reduce power to an electrical appliance or Load:  
   a) Reducer Plate  
   b) Wall Plate  
   c) Modulation Plate  
   d) None of the Above  
   Answer _____ ( B )

24. In a electrotherapy treatment, this is used to bring the current from the appliance to the client’s skin:  
   a) Rectifier  
   b) Converter  
   c) Wall Plate  
   d) Electrode  
   Answer _____ ( D )

25. A measuring unit of how much electrical energy is being used (per second):  
   a) Volt  
   b) Amp / Ampere  
   c) Ohm  
   d) Watt  
   Answer _____ ( D )
26. The term “Load” can best be described as:  
   a) The technical name for any rheostatically powered appliance  
   b) The technical name for any mechanically powered appliance  
   c) The technical name for any non-electrically powered appliance  
   d) The technical name for any electrically powered appliance  
Answer _____ ( D )

The following 4 questions, while not very helpful in the day-to-day practice of cosmetology, often appear on the State Board Exam - and can be difficult to remember. If you are having difficulty, try the sentence fragment:  
   OR AS Vice President WE  
   (OR = ohm/resistance. AS = ampere/strength. Vice President = volt/pressure. WE = watt/energy)

27. A volt is a measuring unit of electrical:  
   a) Resistance  
   b) Pressure  
   c) Strength  
   d) Energy  
Answer _____ ( B )

28. An ampere is a measuring unit of electrical:  
   a) Resistance  
   b) Pressure  
   c) Strength  
   d) Energy  
Answer _____ ( C )

29. An ohm is a measuring unit of electrical:  
   a) Resistance  
   b) Pressure  
   c) Strength  
   d) Energy  
Answer _____ ( A )

30. A watt is a measurement of electrical:  
   a) Resistance  
   b) Pressure  
   c) Strength  
   d) Energy  
Answer _____ ( D )

31. Which of the following is not an example of a “Load”:  
   a) Electrical Current  
   b) Any Electrical Appliance  
   c) Flat Iron  
   d) Electrical Drill Sander  
Answer _____ ( A )

32. A Wall Plate is used to:  
   a) Increase the electrical power to an appliance  
   b) Decrease the electrical power to an appliance  
   c) Convert the electrical power from AC to DC  
   d) Convert the current from direct to alternating  
Answer _____ ( B )

33. Which of the following would describe a galvanic treatment using a wall plate:  
   a) Direct current at less than 110 volts  
   b) Alternating current at less than 110 volts  
   c) Direct current at more than 110 volts  
   d) None of the above  
Answer _____ ( A )

34. To extinguish an electrical fire, which of the following would be contra-indicated:  
   a) Smother with a heavy blanket/towel  
   b) Smother with corn starch/laundry detergent  
   c) Smother with water/H2O  
   d) Smother by use of a fire extinguisher  
Answer _____ ( C )

35. Among the best electrical conductors are:  
   a) Pure distilled water  
   b) Rubber  
   c) Silver and Copper  
   d) Plastic and Silk  
Answer _____ ( C )

36. Dropping a blow dryer into the bathtub while the blow dryer is working will cause a short circuit. The proper order of steps in dealing with this event would be:  
   a) Retrieve dryer by pulling on cord  
   b) With dry hands, retrieve dryer by pulling on cord  
   c) With dry hands, remove plug from wall  
   d) With dry hands, turn off circuit breaker, and remove plug from wall socket  
Answer _____ ( D )

37. A client comes in contact with a piece of electrical equipment and is receiving a bad shock, you should immediately break the circuit by any of the following except:  
   a) Turn off all circuit breakers  
   b) Unplug all equipment  
   c) Using a broom, knock the person off the circuit  
   d) Using an insulator, unplug the appliance  
Answer: _____ ( B )
38. Ultra-violet and infra-red rays are referred to as:  
   a) Combination Rays  
   b) Visible rays  
   c) Invisible Rays  
   d) Heat Rays  
   Answer _____ ( C )

39. Invisible light / rays make up _____ % of sunlight?  
   a) 28  
   b) 38  
   c) 68  
   d) 88  
   Answer _____ ( D )

40. Ultra-violet rays comprise approximately _____ % of the sun’s total rays:  
   a) 1%  
   b) 8%  
   c) 12%  
   d) 80%  
   Answer _____ ( B )

41. Infra-red rays comprise approximately _____ % of the sun’s total rays:  
   a) 1%  
   b) 8%  
   c) 12%  
   d) 80%  
   Answer _____ ( D )

42. Visible rays comprise approximately _____ % of the sun’s total rays:  
   a) 1%  
   b) 8%  
   c) 12%  
   d) 80%  
   Answer _____ ( C )

43. Galvanic current is a _____ current:  
   a) Direct  
   b) Open  
   c) Alternating  
   d) Closed  
   Answer _____ ( A )

44. The galvanic electrical modality of electrotherapy (the most typical galvanic application), allows for the penetration of unbroken skin in a process known as:  
   a) Mohrur  
   b) Actinic  
   c) Phoresis  
   d) Desincrustation  
   Answer _____ ( C )

45. You have been using a flat iron with a frayed cord, the best method of disconnection is:  
   a) Gently, but firmly, pull on the cord  
   b) Turning off the breaker  
   c) Turning off the fuse  
   d) Pulling the plug  
   Answer _____ ( B )

46. The type of current most commonly used in the salon or spa is:  
   a) Direct  
   b) Indirect  
   c) Alternating  
   d) Faradic  
   Answer _____ ( C )

47. The most common electrotherapy modality used in the salon or spa is:  
   a) Faradic  
   b) Tesla  
   c) Sinusoidal  
   d) Galvanic  
   Answer _____ ( D )

48. This is the oldest form of electrotherapy used in the salon or spa:  
   a) Faradic  
   b) Tesla  
   c) Sinusoidal  
   d) Galvanic  
   Answer _____ ( D )

49. You plug in a curling iron, turn it on, and it gets hot. This is an example of a / an:  
   a) Open circuit  
   b) Direct current  
   c) Electrical conduit  
   d) Closed circuit  
   Answer _____ ( D )

50. You turn your curling iron off at the completion of the service. This is an example of:  
   a) An open circuit  
   b) A closed circuit  
   c) A direct circuit  
   d) A short circuit  
   Answer _____ ( A )

51. You turn on your flat iron and it heats up; however, its cord is so short it is almost unusable.  
   This is an example of a / an:  
   a) Open circuit and a design flaw  
   b) Lesson in what not to buy  
   c) Closed circuit and a design flaw  
   d) None of the above  
   Answer _____ ( C )
52. A battery produces:       Answer _____ (  B  )  
a) Alternating current only  b) Direct current only  
c) Oscillating current only  d) None of the above  

53. Electrical current moving in only one direction is known as:       Answer _____ (  B  )  
a) Alternating current only  b) Direct current only  
c) Oscillating current only  d) None of the above  

54. Galvanic current is an / a:       Answer _____ (  B  )  
a) Alternating current only  b) Direct current only  
c) Oscillating current only  d) None of the above  

55. The term “Load” is best defined as:       Answer _____ (  B  )  
a) A name for any electrotherapy device  b) A name for any electrically powered appliance  
c) A measurement of electrical output  d) A measurement of electrical resistance  

56. Electrotherapy may best be defined as:       Answer _____ (  C  )  
a) The use of electrical currents (or modalities) by a psychiatrist or psychologist  
b) The use of electrical appliances to beautify the hair, skin, or nails  
c) The application of special electrical currents (or modalities) to treat the skin  
d) None of the above  

57. Electrical current may best be described as:       Answer _____ (  A  )  
a) The flow of electrons, or the movement of electricity, along a path referred to as a conductor  
b) The flow of electrons, or the movement of electricity, along a path referred to as an insulator  
c) The flow of electrons, or the movement of electricity, along a path as measured by the degree of resistance  
d) None of the above  

58. An electrical modality used to improve blood circulation and increase metabolism:       Answer _____ (  D  )  
a) Violet-ray  b) Tesla  
c) High-frequency  d) All of the above  

59. Sometimes referred to as “Bleaching of the Skin”:       Answer _____ (  C  )  
a) Anaphoresis  b) Cataphoresis  
c) Phoresis  d) All of the above  

60. This type of lighting produces redder or warmer tones and creates the closest substitute for natural sunlight in the salon:       Answer _____ (  B  )  
a) Infrared light  b) Incandescent light  
c) Fluorescent light  d) Ultraviolet light  

61. The benefits of infrared light include muscle relaxation and increased circulation.  
To avoid burning the client, how far should the lamp be placed from client’s skin?       Answer _____ (  B  )  
a) No closer than 20 inches  b) At least 30 inches  
c) Between 18 and 24 inches  d) Arms length  

62. The benefits of infrared light include muscle relaxation and increased circulation.  
To avoid burning the client, how long is the recommended exposure time?       Answer _____ (  C  )  
a) 1 to 5 minutes  b) 5 to 10 minutes  
c) 5 to 15 minutes  d) 20 to 30 minutes  

63. Which of the following is/are correct regarding ultra-violet light:       Answer _____ (  D  )  
a) Effective in the treatment of acne  b) Can produce harmful chemical effects on the skin  
c) Hair can be photo-chemically damaged  d) All of the above  

64. What is the recommended exposure time for an ultra-violet scalp treatment?       Answer _____ (  C  )  
a) 1 to 5 minutes  b) 5 to 10 minutes  
c) 10 to 15 minutes  d) 20 to 30 minutes  

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65. What is the recommended exposure time for an ultra-violet germicidal treatment?  
   a) 1 to 5 minutes  
   b) 5 to 10 minutes  
   c) 10 to 15 minutes  
   d) 20 to 30 minutes  
   Answer _____ ( A )

66. Ultra-violet rays are also known as Cold Rays and: 
   a) Rytids Rays  
   b) Violet Rays  
   c) Cold Rays  
   d) Actinic Rays  
   Answer _____ ( D )

67. Because of its tendency to produce a cool or bluish cast in the objects it lights, this type of lighting can create hair-coloring problems in the salon: 
   a) Visible light  
   b) Incandescent light  
   c) Fluorescent light  
   d) Ultraviolet light  
   Answer _____ ( C )

68. What is another name for the high-frequency modality? 
   a) Actinic  
   b) Jones  
   c) Tesla  
   d) All of the above  
   Answer _____ ( C )

69. Combination Light is also known as: 
   a) Red Light  
   b) White Light  
   c) Blue Light  
   d) None of the above  
   Answer _____ ( B )

70. The most common power source used in the salon or spa is a:  
   a) Generator  
   b) Wall Plate  
   c) Wall Switch  
   d) None of the above  
   Answer _____ ( A )

71. What is the name of the device used to reduce the electrical current from a typical American electrical outlet/socket to a level safe for use on the human body? 
   a) Converter  
   b) Rheostat  
   c) Wall Switch  
   d) Wall Plate  
   Answer _____ ( D )

72. High-frequency uses _____ light: 
   a) Red  
   b) No  
   c) Violet  
   d) Ultra-violet  
   Answer _____ ( C )

73. An oscillating current pushed through a glass electrode is called: 
   a) High intensity  
   b) High frequency  
   c) Fraxel current  
   d) None of the above  
   Answer _____ ( B )

74. Which of the following terms would be referred to as a “Load”: 
   a) Volt  
   b) Amount of electrical current along a path  
   c) Ampere  
   d) Electric Drill Sander  
   Answer _____ ( D )

75. Electrical current may be described as: 
   a) The amount of electrical energy exerted  
   b) The amount of electrical pressure exerted  
   c) The movement of electricity along a path  
   d) The amount of electrical resistance along a path  
   Answer _____ ( C )

76. To know what microbes a product is designed to fight, neutralize, or eliminate; refer to: 
   a) Accompanying OSHA materials  
   b) Efficacy labels  
   c) Instructions  
   d) Manufacturers suggested uses  
   Answer _____ ( B )

77. To know about a product’s ingredients, storage requirements, and hazards; refer to the: 
   a) Accompanying OSHA materials  
   b) Efficacy label  
   c) Instructions  
   d) Manufacturers suggested uses  
   Answer _____ ( A )

78. The 1997 OSHA Bloodborne Pathogens Standard applies to implements that accidentally come into contact with blood or bodily fluids, and require the use of an EPA registered tuberculocidal disinfectant or an EPA registered disinfectant with an efficacy against: 
   a) HIV  
   b) HBV  
   c) HIV and HBV  
   d) HIV and RLS  
   Answer _____ ( C )
79. Using an _____, the cosmetologist should wash their hands, lathering for at least 15-20 seconds, prior to each service. Answer _____ ( D )
   a) EPA approved sterilizing solution  
   b) Antibacterial bar soap  
   c) EPA approved antimicrobial bar soap  
   d) Antimicrobial liquid-pump soap

80. An example of an antiseptic is: Answer _____ ( D )
   a) Antibacterial soap  
   b) Quats  
   c) Antimicrobial soap  
   d) A and C

81. The ideal salon temperature is approximately: Answer _____ ( B )
   a) 70 Celsius  
   b) 70 Fahrenheit  
   c) 80 Fahrenheit  
   d) None of the above

82. Compliance with disinfection guidelines and procedures, requires that all implements coming into contact with a client must be: Answer _____ ( A )
   a) Discarded or disinfected  
   b) Sanitized or laundered at days end  
   c) Sanitized or laundered as soon as possible  
   d) None of the above

83. After use, porous implements (sponges, emery boards, etc.) should be: Answer _____ ( D )
   a) Discarded  
   b) Given to the client  
   c) Disinfected as per manufacturers instructions  
   d) All, or any, of the above

84. An efficacy label will tell you: Answer _____ ( B )
   a) The ingredients in a product, its storage requirements, and related hazards  
   b) What organisms a disinfectant / sterilizing agent is effective against  
   c) Both A and B  
   d) None of the above

85. To encourage people to assist others in emergency situations, most states have enacted: Answer _____ ( C )
   a) Dram Shop Laws  
   b) Mea Culpa Policies  
   c) Good Samaritan Laws  
   d) Malpractice Insurance

86. Efficacy means: Answer _____ ( B )
   a) Ability to read & write  
   b) Ability to produce a results / effectiveness  
   c) Ability to produce a profit  
   d) Ability to produce beyond requirements

87. Because bar soap may harbor and transmit microbes and pathogens, it is recommended that cosmetologists wash their hands with a / an: Answer _____ ( C )
   a) EPA approved disinfectant  
   b) FDA approved disinfectant  
   c) Liquid-pump soap  
   d) EPA approved cream or powdered soap

88. The shampoo bowl should be sanitized: Answer _____ ( D )
   a) With quats  
   b) Before each use with quats  
   c) Daily  
   d) After each use

89. A product that can be applied to the skin to reduce, remove, or destroy microbes: Answer _____ ( A )
   a) Antiseptic  
   b) Disinfectant  
   c) Sterilizing Agent  
   d) Any, or all, of the above

90. Prior to providing a pedicure service, you should apply a / an_____ to the feet. Answer _____ ( A )
   a) Antiseptic  
   b) Disinfectant  
   c) Sterilizing Agent  
   d) Any, or all, of the above

91. To disinfect electrical appliances you should: Answer _____ ( D )
   a) Electrical appliances do not need to be disinfected  
   b) Do to the risk of electrical shock, electrical appliances should not be disinfected  
   c) Thoroughly spray the blades of shears, clipper guards, etc. with an EPA approved disinfectant solution  
   d) Unplug the appliance, spray the blades, clipper guards, etc. w/ EPA approved disinfectant solution
92. All sharp objects (razors, needles, etc.) should be disposed of:
   a) As soon as possible  
   b) In a sealed container  
   c) In a puncture proof, sealed container, as soon as possible  
   d) Both A and B
   Answer _____ ( C )

93. The most common disinfectants used in the salon are:
   a) Dry heat  
   b) Moist heat  
   c) Steaming  
   d) Ultra-violet
   Answer _____ ( D )

94. The most common disinfectants used in the salon are:
   a) Dry heat  
   b) Moist heat  
   c) Steaming  
   d) Chemicals
   Answer _____ ( D )

95. Chemicals that retard the growth of bacteria are called:
   a) Decontaminants  
   b) Disinfectants  
   c) Antiseptics  
   d) None of the above
   Answer _____ ( C )

96. Which of the following best describe Good Samaritan Laws:
   a) Require the Good Samaritan to use common sense and a reasonable level of skill  
   b) Have been enacted in most states  
   c) Give legal protection to people providing emergency care to others who are ill / injured  
   d) All of the above
   Answer _____ ( D )

97. A quaternary ammonium compound is used in:
   a) An autoclave  
   b) A wet sanitizer  
   c) An ultra-violet sanitizer  
   d) A dry sanitizer
   Answer _____ ( B )

98. Which of the following statements are correct:
   a) Sanitation procedures clean and reduce microbes on a surface, they do not kill microbes  
   b) Disinfection will kill most bacteria and a broad spectrum of viruses, they will not kill / destroy bacterial spores  
   c) Sterilization procedures will kill or destroy all microbes, including bacterial spores  
   d) All of the above
   Answer _____ ( D )

99. Which of the following tools or implements must be disinfected:
   a) Those that have come into contact with blood or bodily fluids  
   b) Those that have not come into contact with blood or bodily fluids  
   c) Those that are used to pierce, puncture, or invade the skin  
   d) Both A and B
   Answer _____ ( D )

100. Which of the following tools or implements must be sterilized:
    a) Those that have come into contact with blood or bodily fluids  
    b) Those that have not come into contact with blood or bodily fluids  
    c) Those that are used to pierce, puncture, or invade the skin  
    d) Both A and C
    Answer _____ ( D )
********** Practice Exam 9 **********

1. This is the largest artery in the body:  
   a) Vagus Nerve  
   b) Mitral  
   c) Aorta  
   d) Bicuspid  
   Answer _____ (C)

2. To create the most volume using a Pin-Curl Set, use _____ Curls:  
   a) Full Stem  
   b) ½ Stem  
   c) No Stem  
   d) None of the above  
   Answer _____ (C)

3. In an ammonium thioglycolate wave, the perm solution is:  
   a) Alkaline  
   b) Acid  
   c) Neutral  
   d) None of the above  
   Answer _____ (A)

4. To create the most volume with a Roller/Wet Set, use ___ Curls:  
   a) Off Base  
   b) On Base  
   c) Half Off Base  
   d) None of the above  
   Answer _____ (B)

5. The main function of lymph is to:  
   a) Equalize body temperature  
   b) Carry food to the cells and remove H2O from the cells  
   c) Both A and B  
   d) Reach the parts of the body not reached by blood  
   Answer _____ (D)

6. To create the least volume using a Roller / Wet Set, use ___ Curls:  
   a) ½ Stem  
   b) Full Stem  
   c) No Stem  
   d) None of the above  
   Answer _____ (D)

7. The portion of the epidermis surrounding the entire nail border:  
   a) Eponychium  
   b) Hyponychium  
   c) Pterygium  
   d) Perionychium  
   Answer _____ (D)

8. Which type of cutting shears will remove the most hair:  
   a) Single-notch shears  
   b) Double-notch shears  
   c) Thinning shears  
   d) Regular cutting shears (no notches)  
   Answer _____ (D)

9. Which of the following is true of acid permanent waves:  
   a) Typical pH range between 4.5 – 6.9  
   b) Wrapped with a firm and even tension  
   c) Often require heat  
   d) All of the above  
   Answer _____ (D)

10. Before a product can be sold to disinfect surfaces, tools, or equipment, it must be registered with the ___ and display an ___ registration number on its label:  
    a) EPA, EPA  
    b) EPA, FDA  
    c) EPA, OSHA  
    d) None of the above  
    Answer _____ (A)

11. In a perm, oxidation or rebonding occurs during which stage:  
    a) Processing  
    b) Rinsing  
    c) Neutralizing  
    d) None of the above  
    Answer _____ (C)

12. The term Aorta refers to the:  
    a) Upper chamber of the heart  
    b) Largest capillary in the body  
    c) Lower chamber of the heart  
    d) Largest artery in the body  
    Answer _____ (D)

13. In electricity, Volts measure:  
    a) Resistance  
    b) Strength  
    c) Watts  
    d) Pressure  
    Answer _____ (D)

14. What is the purpose of “primer” when applying artificial nails:  
    a) To remove oil and H2O  
    b) To improve adhesion  
    c) To avoid over drying the nail  
    d) None of the above  
    Answer _____ (B)
15. Nail dehydrators serve to:  
   a) Remove moisture from nail  
   b) Remove tiny amounts of oil from the nail  
   c) Increase adherence  
   d) Both A and B  
   Answer _____ ( D )

16. This hair is fine and lacks pigment:  
   a) Lanula  
   b) Vellus  
   c) Terminal  
   d) Lanugo  
   Answer _____ ( B )

17. Nail primers serve to:  
   a) Lubricate the nail  
   b) Roughen the nail prior to applying a nail tip  
   c) Improve adhesion  
   d) Remove moisture and oil from the nail  
   Answer _____ ( C )

18. _________ are the slits or tracks on each side of the nail on which the nail moves as it grows:  
   a) Nail walls  
   b) Nail grooves  
   c) Nail ramparts  
   d) None of the above  
   Answer _____ ( B )

19. In roller sets we talk about “bases,” in pin-curl sets we talk about “stems,” which is incorrect:  
   a) On Base = No Stem  
   b) ½ Stem = Half Off Base  
   c) Off Base = Full Stem  
   d) None of the above  
   Answer _____ ( D )

20. Which is true of alkaline permanent waves:  
   a) Have a pH between 8.0-9.5  
   b) Must be wrapped without tension  
   c) Require no heat  
   d) All of the above  
   Answer _____ ( D )

21. The science dealing with designing tools, chairs, and the workplace environment for maximum comfort, efficiency, productivity, and safety:  
   a) Trichology  
   b) Histology  
   c) Ergonomics  
   d) None of the above  
   Answer _____ ( C )

22. This is the area underneath the free edge of the nail:  
   a) Pterygium  
   b) Vellus  
   c) Hyponychium  
   d) Trichoptilosis  
   Answer _____ ( C )

23. This is the forward growth of the cuticle over the nail plate/body:  
   a) Barba  
   b) Cortex  
   c) Terminal  
   d) Pterygium  
   Answer _____ ( D )

24. The technical name of the thin membrane surrounding the heart:  
   a) Pericardium  
   b) Perionychium  
   c) Perimysium  
   d) Peripheral  
   Answer _____ ( A )

25. Straw-like in color and approximately 90% H2O, ___ is the fluid part of the ___ in which red and white blood cells and blood platelets flow:  
   a) Blood, plasma  
   b) Lymph, blood  
   c) Leucocyte, blood  
   d) Plasma, blood  
   Answer _____ ( D )

26. Published by OSHA, ___ require employees and employers to assume all human blood as well as human body fluids are infectious and act accordingly:  
   a) Incident Disclosure Reports  
   b) Material Safety Data Sheet  
   c) Universal Precautions  
   d) Food and Drug Administration Rulings  
   Answer _____ ( C )

27. Agency regulating the formulation and ingredients in cosmetics:  
   a) EPA  
   b) FDA  
   c) OSHA  
   d) CDC  
   Answer _____ ( B )

28. A capless wig is:  
   a) Machine made  
   b) Generally less expensive than a cap wig  
   c) Composed of wefts sewn together  
   d) All of the above  
   Answer _____ ( D )
29. A cap wig is:
   a) Machine made   b) Generally less expensive than a capless wig
   c) Composed of wefts sewn together   d) None of the above

Answer _____ ( D )

30. A cap wig is usually:
   a) Machine made   b) Hand made
   c) Poor at disguising alopecia   d) None of the above

Answer _____ ( B )

31. Which is the most common cutting position with a razor cut:
   a) Palms down   b) Palms up
   c) Stylist preference   d) Depends on the cut and style

Answer _____ ( A )

32. How many bones are found in the metacarpus:
   a) 5   b) 8
   c) 14   d) 26

Answer _____ ( A )

33. How many bones are found in the carpus:
   a) 5   b) 8
   c) 14   d) 26

Answer _____ ( B )

34. How many bones are found in the digits / fingers:
   a) 5   b) 8
   c) 14   d) 26

Answer _____ ( C )

35. In cutting with shears, the most common hand position is:
   a) Palms up   b) Palms down
   c) Stylist preference   d) Depends upon the cut and style

Answer _____ ( A )

36. The upper chambers of the heart are referred to as:
   a) Atrium   b) Aorta
   c) Mitral   d) Ventricles

Answer _____ ( A )

37. The lower chambers of the heart are referred to as:
   a) Atrium   b) Aorta
   c) Mitral   d) Ventricles

Answer _____ ( D )

38. In razor cutting, the razor is generally held:
   a) Below the fingers   b) Above the fingers
   c) Palms up   d) Palm to palm

Answer _____ ( A )

39. Known as _____, these are the 5 slender, bones forming the palm:
   a) Carpals   b) Metacarpals
   c) Phalanges   d) Radials

Answer _____ ( B )

40. In hair cutting, the area below the parietal ridge is known as the:
   a) Exterior   b) Interior
   c) Nape   d) Fringe

Answer _____ ( A )

41. Always file natural nails:
   a) From center to corner   b) From corner to center
   c) Square   d) From right to left

Answer _____ ( B )

42. This is the area from the nail root to the free edge, it contains no blood vessels or nerves:
   a) Nail plate   b) Nail bed
   c) Nail body   d) Both A and C

Answer _____ ( D )

43. This is another name for Athletes feet:
   a) Onychophagy   b) Trichology
   c) Pediculosis   d) Ringworm / Tinea Pedis

Answer _____ ( D )
<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>44. Nail bleaches and lighteners usually contain:</td>
<td>(D)</td>
</tr>
<tr>
<td>a) Sodium hydroxide</td>
<td></td>
</tr>
<tr>
<td>b) Hydrogen peroxide</td>
<td></td>
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<tr>
<td>c) H2O2</td>
<td></td>
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<tr>
<td>d) Both B and C</td>
<td></td>
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<tr>
<td>45. Known as _____, these are the 8 small bones that form the wrist:</td>
<td>(B)</td>
</tr>
<tr>
<td>a) Radials</td>
<td></td>
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<tr>
<td>b) Carpals</td>
<td></td>
</tr>
<tr>
<td>c) Phalanges</td>
<td></td>
</tr>
<tr>
<td>d) Ulnas</td>
<td></td>
</tr>
<tr>
<td>46. The most common ingredient in chemical hair relaxers is:</td>
<td>(A)</td>
</tr>
<tr>
<td>a) Sodium hydroxide</td>
<td></td>
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<tr>
<td>b) Lithium</td>
<td></td>
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<tr>
<td>c) Guanidine</td>
<td></td>
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<tr>
<td>d) Potassium Hydroxide</td>
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<tr>
<td>47. This relaxer is advertised as “no-lye,” it is recommended for sensitive scalps, it is regularly sold “over-the-counter,” and will straighten the hair completely:</td>
<td>(C)</td>
</tr>
<tr>
<td>a) Sodium hydroxide</td>
<td></td>
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<tr>
<td>b) Lithium</td>
<td></td>
</tr>
<tr>
<td>c) Guanidine</td>
<td></td>
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<tr>
<td>d) Potassium hydroxide</td>
<td></td>
</tr>
<tr>
<td>48. Ohms measure __________, amps measure __________, and volts measure ______________:</td>
<td>(A)</td>
</tr>
<tr>
<td>a) Resistance, strength, pressure</td>
<td></td>
</tr>
<tr>
<td>b) Strength, resistance, pressure</td>
<td></td>
</tr>
<tr>
<td>c) Pressure, resistance, strength</td>
<td></td>
</tr>
<tr>
<td>d) Resistance, pressure, strength</td>
<td></td>
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<tr>
<td>49. In hair cutting, the area above the parietal ridge is known as the:</td>
<td>(B)</td>
</tr>
<tr>
<td>a) Exterior</td>
<td></td>
</tr>
<tr>
<td>b) Interior</td>
<td></td>
</tr>
<tr>
<td>c) Nape</td>
<td></td>
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<tr>
<td>d) Fringe</td>
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<td>50. Any chemical germicide designed or formulated for use on the skin is considered a / an ______ and must be registered with the ______:</td>
<td>(B)</td>
</tr>
<tr>
<td>a) Disinfectant, FDA</td>
<td></td>
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<tr>
<td>b) Antiseptic, EPA</td>
<td></td>
</tr>
<tr>
<td>c) Antiseptic, OSHA</td>
<td></td>
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<tr>
<td>c) Antiseptic, MSDS</td>
<td></td>
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<tr>
<td>51. Hand sanitizers are an example of which level of Infection Control:</td>
<td>(A)</td>
</tr>
<tr>
<td>a) Antiseptics</td>
<td></td>
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<tr>
<td>b) Disinfectants</td>
<td></td>
</tr>
<tr>
<td>c) Broad Spectrum Disinfectants</td>
<td></td>
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<tr>
<td>d) Decontamination</td>
<td></td>
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<tr>
<td>52. Tinea Manus refers to:</td>
<td>(D)</td>
</tr>
<tr>
<td>a) Ringworm</td>
<td></td>
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<tr>
<td>b) Athlete’s Foot</td>
<td></td>
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<tr>
<td>c) Ringworm of the feet</td>
<td></td>
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<tr>
<td>d) Ringworm of the hands</td>
<td></td>
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<tr>
<td>53. Electricity is best defined as the:</td>
<td>(A)</td>
</tr>
<tr>
<td>a) Movement of electrons along a path called a conductor</td>
<td></td>
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<tr>
<td>b) Strength required to push electrons through a conductor</td>
<td></td>
</tr>
<tr>
<td>c) Pressure required to move electrons through a conductor</td>
<td></td>
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<tr>
<td>d) Energy being used each second</td>
<td></td>
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<tr>
<td>54. Onychophagy refers to:</td>
<td>(D)</td>
</tr>
<tr>
<td>a) Ingrown nails</td>
<td></td>
</tr>
<tr>
<td>b) Athlete’s Feet</td>
<td></td>
</tr>
<tr>
<td>c) Tinea Pedis</td>
<td></td>
</tr>
<tr>
<td>d) Bitten nails</td>
<td></td>
</tr>
<tr>
<td>55. Paronychia refers to:</td>
<td>(A)</td>
</tr>
<tr>
<td>a) Inflamed tissue around the nails</td>
<td></td>
</tr>
<tr>
<td>b) Ingrown nails</td>
<td></td>
</tr>
<tr>
<td>c) Inflammation of the Nail Matrix</td>
<td></td>
</tr>
<tr>
<td>d) Increased curvature of the nails</td>
<td></td>
</tr>
<tr>
<td>56. During a massage, muscles are typically manipulated from the:</td>
<td>(A)</td>
</tr>
<tr>
<td>a) Insertion to the origin</td>
<td></td>
</tr>
<tr>
<td>b) Belly to the origin</td>
<td></td>
</tr>
<tr>
<td>c) Origin to the insertion</td>
<td></td>
</tr>
<tr>
<td>d) Belly to the insertion</td>
<td></td>
</tr>
</tbody>
</table>
57. The human finger nail grows approximately ___ per month:
   a) 1/8 inch  
   b) 1/4 inch  
   c) 1/2 inch  
   d) 5/8 inch  
   Answer _____ (A)

58. If a finger nail is lost/removed, how long will it take to grow back:
   a) 1-2 months  
   b) 2-4 months  
   c) 3-6 months  
   d) 6-8 months  
   Answer _____ (C)

59. Which agency regulates the ingredients in lipstick:
   a) FDA  
   b) CDC  
   c) EPA  
   d) OSHA  
   Answer _____ (A)

60. Which agency regulates the ingredients in mascara:
   a) EPA  
   b) CDC  
   c) FDA  
   d) OSHA  
   Answer _____ (C)

61. Which agency regulates the ingredients in cosmetics:
   a) CDC  
   b) FDA  
   c) EPA  
   d) OSHA  
   Answer _____ (B)

62. Which agency regulates the use of pharmaceutical drugs:
   a) FDA  
   b) CDC  
   c) EPA  
   d) OSHA  
   Answer _____ (A)

63. Which agency regulates / approves the efficacy of products used for infection control in the United States:
   a) FDA  
   b) CDC  
   c) EPA  
   d) OSHA  
   Answer _____ (C)

64. Basic unit of all matter, cannot be reduced to a simpler substance:
   a) Atom  
   b) Molecule  
   c) Oxide  
   d) Element  
   Answer _____ (D)

65. An “Atom” can best be described as:
   a) Two or more elements joined together  
   b) The smallest particle of an element capable of showing the properties of that element  
   c) A substance formed when the hydrogen part of the element is replaced by an oxide  
   d) Two or more molecules joined physically rather than physically  
   Answer _____ (B)

66. Which of the following is not a part of a muscle:
   a) Belly  
   b) Distal  
   c) Insertion  
   d) Origin  
   Answer _____ (B)

67. Which nail shape produces the strongest nail:
   a) Oval  
   b) Pointed  
   c) Square  
   d) Squoval  
   Answer _____ (C)

68. Volts / Voltage measure/s the:
   a) Resistance as electrons are pushed through a conductor  
   b) Strength required to push electrons through a conductor  
   c) Pressure required to move electrons through a conductor  
   d) None of the above  
   Answer _____ (C)

69. Effleurage is described as a massage movement consisting of:
   a) Kneading movements  
   b) Tapping, slapping, and hacking movements  
   c) A deep rubbing movement  
   d) A light continuous stroking movement  
   Answer _____ (D)

70. The volts coming from wall sockets at the salon are what type:
   a) Alternating  
   b) Oscillating  
   c) Direct  
   d) AC / DC Current  
   Answer _____ (A)
71. This is a measuring device as to how much electrical energy is being used per second
   a) Watt                  b) Amp / Amperes
   c) Volt                  d) Ohm

   Answer _____ ( A )

72. The type of current most commonly used in the salon is:
   a) Alternating              b) DC
   c) Oscillating              d) Direct

   Answer _____ ( A )

73. A battery produces:
   a) Direct Current (DC)      b) Alternating Current (AC)
   c) Oscillating current      d) AC – DC Current

   Answer _____ ( A )

74. The human hand contains _____ Phalanges, more commonly known as knuckles:
   a) 14                     b) 15
   c) 10                     d) 12

   Answer _____ ( A )

75. Tesla Current / Tesla High Frequency Current is also referred to as:
   a) Violet Ray              b) Ultra-violet Ray
   c) Blue Ray                d) Actinic or Cold Ray

   Answer _____ ( A )

76. The Hyponychium:
   a) Is found at the base of the nail
   b) Is found beneath the free edge of the nail
   c) Partly overlaps and covers the lunula
   d) Is a “pocket-like” structure overlapping the nail walls

   Answer _____ ( B )

77. The Eponychium is:
   a) The portion of the skin surrounding the nail border
   b) The portion of the epidermis found beneath the free edge of the nail
   c) An extension of the cuticle
   d) Deep fold of skin within which the nail root is embedded

   Answer _____ ( C )

78. The process of building up larger molecules from smaller ones:
   a) Metabolism
   b) Catabolism
   c) Anabolism
   d) Epithelial

   Answer _____ ( C )

79. This agency regulates cosmetics and ingredients found in cosmetics:
   a) FDA
   b) EPA
   c) OSHA
   d) CDC

   Answer _____ ( A )

80. The pH Scale measures:
   a) Alkalinity and Base
   b) Alkalinity and Acidity
   c) Base and Acidity
   d) B and C

   Answer _____ ( D )

81. Tapotement is described as a massage movement consisting of:
   a) Kneading movements
   b) Tapping, slapping, and hacking movements
   c) A deep rubbing movement
   d) A light continuous stroking movement

   Answer _____ ( B )

82. Because of its tendency to produce a cool or bluish cast in the objects it lights, this type of lighting can create problems in the salon / spa:
   a) Ultra-violet light
   b) Incandescent light
   c) Visible light
   d) Fluorescent light

   Answer _____ ( D )

83. To know what microbes a product is designed to kill, fight, eliminate or destroy, refer to:
   a) EPA efficacy labels
   b) Accompanying OSHA materials
   c) Manufacturer’s suggested uses
   d) FDA efficacy label

   Answer _____ ( A )
84. Substantially reduce the amount of pathogens on a surface: Answer _____ ( B )
   a) Sterilization  b) Sanitation  
   c) Disinfection  d) All of the above

85. The Humerus is the: Answer _____ ( D )
   a) Cheek bone  b) Large bone on the little finger side of the forearm  
   c) Lower jawbone  d) The uppermost and largest bone of the arm

86. When giving a permanent wave, the neutralizer is: Answer _____ ( C )
   a) Base  b) Alkaline  
   c) Acid  d) Both A and B

87. The agency responsible for the approval of disinfection solutions: Answer _____ ( D )
   a) State Board of Cosmetology  b) Bureau of Barbering and Cosmetology  
   c) Food and Drug Administration  d) Environmental Protection Agency

88. The pH of human hair, skin, and nails is: Answer _____ ( C )
   a) Alkaline  b) Base  
   c) Acid  d) Neutral

89. Emulsions are formed when: Answer _____ ( B )
   a) Products with a tendency to separate upon standing are combined and require shaking before use  
   b) Products with a tendency to separate upon standing are united with the aid of a binder (gum)  
   c) Two or more products are evenly dispersed in a mixture that will not separate upon standing  
   d) Two or more products evenly dispersed in a mixture that will separate upon standing

90. Solutions are formed when: Answer _____ ( C )
   a) Products with a tendency to separate upon standing are combined and require shaking before use  
   b) Products with a tendency to separate upon standing are united with the aid of a binder (gum)  
   c) Two or more products are evenly dispersed in a mixture that will not separate upon standing  
   d) Two or more products evenly dispersed in a mixture that will separate upon standing

91. Suspensions are formed when: Answer _____ ( D )
   a) Products with a tendency to separate upon standing are combined and require shaking before use  
   b) Products with a tendency to separate upon standing are united with the aid of a binder (gum)  
   c) Two or more products are evenly dispersed in a mixture that will not separate upon standing  
   d) Two or more products evenly dispersed in a mixture that will separate upon standing

92. Acid will have what effect on the hair, skin, and nails: Answer _____ ( B )
   a) Soften and shrink  b) Harden and shrink  
   c) Shrink and soften  d) Harden and swell

93. These will destroy disease producing germs, microbes, and bacteria: Answer _____ ( B )
   a) Blood platelets  b) White blood cells  
   c) Red blood cells  d) Thrombocytes

94. Petrissage is described as a massage movement consisting of: Answer _____ ( A )
   a) Kneading movements  b) Tapping, slapping, and hacking movements  
   c) A deep rubbing movement  d) A light continuous stroking movement

95. White Light Is used for treating which of the following skin types: Answer _____ ( A )
   a) Normal  b) Blue  
   c) Red  d) Combination

96. The FDA requires which of the following: Answer _____ ( D )
   a) An MSDS be made available upon clients request  
   b) Mandates the use of universal precautions  
   c) Regulates and enforces health and safety standards in the workplace  
   d) Requires predisposition tests, patch tests, P.D. tests

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97. Which of the following is not true of the nail body / nail plate:  
   a) It is the visible portion of the nail  
   b) Contains numerous nerves and blood vessels  
   c) Contains no nerves or blood vessels  
   d) Extends from the nail root to the nail edge  
   Answer _____ ( B )

98. Basic substances that cannot be reduced to simpler substances:  
   a) Atoms  
   b) Molecules  
   c) Enzymes  
   d) Elements  
   Answer _____ ( D )

99. If two or more products cannot be mixed together they are called:  
   a) Nitrazines  
   b) Amphoteric  
   c) Actinic  
   d) Immiscible  
   Answer _____ ( D )

100. The “Itch-Mite,” a very contagious infection, is also known as:  
     a) Ring Worm  
     b) Pediculosis  
     c) Scabies  
     d) Tinea  
     Answer _____ ( C )
1. **During a massage, muscles are typically manipulated from the:**
   a) Origin to the insertion  
   b) Belly to the insertion  
   c) Belly to the origin  
   d) Insertion to the origin  
   Answer _____ ( D )

2. **When giving a permanent wave, the neutralizer is:**
   a) Neutral  
   b) Alkaline  
   c) Base  
   d) Acid  
   Answer _____ ( D )

3. **The pH of an ammonium thioglycolate permanent wave is approx.:**
   a) 2.5 – 4.5  
   b) 4.4 – 6.9  
   c) 8.2 – 9.6  
   d) 10.5 – 12.5  
   Answer _____ ( C )

4. **The pH of an ammonium thioglycolate permanent wave is:**
   a) Acid  
   b) Acid balanced  
   c) Neutral  
   d) Alkaline  
   Answer _____ ( D )

5. **A permanent wave requiring the application of heat to process is:**
   a) Acid  
   b) Acid or Acid Balanced  
   c) Neutral  
   d) Alkaline  
   Answer _____ ( B )

6. **The typical pH range of permanent wave neutralizer solution is:**
   a) 2.5 – 4.5  
   b) 4.4 – 6.9  
   c) 8.0 – 9.5  
   d) 10.5 – 12.5  
   Answer _____ ( A )

7. **The pH range of an acid balanced of permanent wave is approx.:**
   a) 2.5 – 4.5  
   b) 6.7 – 7.2  
   c) 8.2 – 9.6  
   d) 4.5 – 6.5  
   Answer _____ ( B )

8. **The pH range of an acid permanent wave is approximately:**
   a) 2.5 – 4.5  
   b) 6.7 – 7.2  
   c) 8.2 – 9.6  
   d) 4.5 – 6.5  
   Answer _____ ( D )

9. **The pH range of an alkaline permanent wave is approximately:**
   a) 2.5 – 4.5  
   b) 6.7 – 7.2  
   c) 8.2 – 9.6  
   d) 4.5 – 6.5  
   Answer _____ ( C )

10. **Which agency mandates an MSDS be available for each product:**
    a) FDA  
    b) CDC  
    c) OSHA  
    d) EPA  
    Answer _____ ( C )

11. **Which federal agency regulates the use of cosmetics in the USA:**
    a) FDA  
    b) CDC  
    c) OSHA  
    d) EPA  
    Answer _____ ( A )

12. **This federal agency sets the standards for Universal Precautions:**
    a) FDA  
    b) CDC  
    c) OSHA  
    d) EPA  
    Answer _____ ( C )

13. **The Hyponychium:**
    a) Is found at the base of the nail  
    b) Is found beneath the free edge of the nail  
    c) Partly overlaps and covers the lunula  
    d) Is a “pocket-like” structure overlapping the nail walls  
    Answer _____ ( B )

14. **The Eponychium:**
    a) The portion of the skin surrounding the nail border  
    b) The portion of the epidermis found beneath the Free Edge of the nail  
    c) An extension of the cuticle  
    d) Deep fold of skin within which the nail root is embedded  
    Answer _____ ( C )

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15. The portion of the epidermis surrounding the entire nail border:  
   a) Eponychium  
   b) Hyponychium  
   c) Pterygium  
   d) Perionychium  
   Answer _____ ( D )

16. What is the purpose of “primer” when applying artificial nails:  
   a) To remove oil and H2O  
   b) To improve adhesion / bonding  
   c) To avoid over drying the nail  
   d) None of the above  
   Answer _____ ( B )

17. Nail dehydrators serve to:  
   a) Remove moisture from nail  
   b) Remove tiny amounts of oil from the nail  
   c) Increase adherence  
   d) Both A and B  
   Answer _____ ( D )

18. Inflamed tissue around the nail, usually from a bacterial infection:  
   a) Onychia  
   b) Paronychia  
   c) Onychophagy  
   d) Onychosis  
   Answer _____ ( B )

19. Inflammation of the nail matrix, usually from a bacterial infection:  
   a) Onychia  
   b) Paronychia  
   c) Onychophagy  
   d) Onychosis  
   Answer _____ ( A )

20. The technical term applied to all nail diseases:  
   a) Onychia  
   b) Paronychia  
   c) Onychophagy  
   d) Onychosis  
   Answer _____ ( D )

21. Petrissage is described as a massage movement consisting of:  
   a) Kneading movements  
   b) Tapping, slapping, and hacking movements  
   c) A deep rubbing movement  
   d) A light continuous stroking movement  
   Answer _____ ( A )

22. H2O2, the main ingredient in most perm neutralizers, has a pH of:  
   a) 2.5  
   b) 4  
   c) 7  
   d) 8.2  
   Answer _____ ( B )

23. This is the uppermost and largest bone in the arm:  
   a) Radius  
   b) Ulna  
   c) Zygomatic  
   d) Humerus  
   Answer _____ ( D )

24. Responsible for the approval of disinfection solutions:  
   a) State Board of Cosmetology  
   b) Bureau of Barbering and Cosmetology  
   c) Food and Drug Administration  
   d) Environmental Protection Agency  
   Answer _____ ( D )

25. pH measures:  
   a) Acidity and Alkalinity of a solution  
   b) Alkalinity and Base of a solution  
   c) Neutrality of a solution  
   d) None of the above  
   Answer _____ ( A )

26. What is the acid range of the pH Scale:  
   a) 0 – 6.9  
   b) 0 – 7.0  
   c) 7.0 – 14  
   d) 7.1 – 14  
   Answer _____ ( A )

27. The FDA requires which of the following:  
   a) An MSDS be made available upon clients request  
   b) Mandates the use of universal precautions  
   c) Regulates and enforces health and safety standards in the workplace  
   d) Predisposition tests, patch tests, P.D. tests  
   Answer _____ ( D )

28. Which of the following is true of acid permanent waves:  
   a) Typical pH between 4.5 – 6.9  
   b) Wrapped with a firm and even tension  
   c) Often require heat  
   d) All of the above  
   Answer _____ ( D )
29. In electricity, volts measure: 
   a) Resistance  
   b) Strength  
   c) Watts  
   d) Pressure  
   Answer _____ ( D )

30. In electricity, Amps / Amperes measure: 
   a) Resistance  
   b) Strength  
   c) Watts  
   d) Pressure  
   Answer _____ ( B )

31. In electricity, Ohms measure: 
   a) Resistance  
   b) Strength  
   c) Watts  
   d) Pressure  
   Answer _____ ( A )

32. Ohms measure ___, amps measure ___, volts measure ___:
   a) Resistance, strength, pressure  
   b) Strength, resistance, pressure  
   c) Pressure, resistance, strength  
   Answer _____ ( A )

33. Smallest particle of an element capable of showing the properties of that element:
   a) Molecule  
   b) Anion  
   c) Ion  
   d) Atom  
   Answer _____ ( D )

34. Which is true of alkaline permanent waves:
   a) Have a pH between 8.0-9.5  
   b) Must be wrapped without tension  
   c) Require no heat  
   d) All of the above  
   Answer _____ ( D )

35. What is the alkaline range of the pH Scale:
   a) 0 – 6.9  
   b) 0 – 7.0  
   c) 7.0 – 14  
   d) 7.1 - 14  
   Answer _____ ( D )

36. Regulates the efficacy of products used for infection control:
   a) EPA  
   b) FDA  
   c) OSHA  
   d) CDC  
   Answer _____ ( A )

37. In hair cutting, the widest portion of the head is known to as the:
   a) Occipital Ridge  
   b) Parietal Ridge  
   c) Apex  
   d) Zygomatic Ridge  
   Answer _____ ( B )

38. In razor cutting, the most common hand position is:
   a) Palms down  
   b) Palms up  
   c) Stylist preference  
   d) Depends on the cut and style  
   Answer _____ ( A )

39. In cutting with shears, the most common hand position is:
   a) Palms up  
   b) Palms down  
   c) Stylist preference  
   d) Depends upon the cut and style  
   Answer _____ ( A )

40. In razor cutting, the razor is generally held:
   a) Below the fingers  
   b) Above the fingers  
   c) Palms up  
   d) Palm to palm  
   Answer _____ ( A )

41. The area of the haircut below the parietal ridge:
   a) Exterior  
   b) Interior  
   c) Nape  
   d) Fringe  
   Answer _____ ( A )

42. Always file natural nails:
   a) From center to corner  
   b) From corner to center  
   c) Square  
   d) From right to left  
   Answer _____ ( B )

43. Hydrogen peroxide is:
   a) Acid  
   b) Neutral  
   c) Alkaline  
   d) Base  
   Answer _____ ( A )
44. This is the largest organ of the human body:  Answer _____ ( C )
   a) The aorta  b) The brain
c) The skin / derma  d) The heart

45. Electrical current is best defined as the:  Answer _____ ( A )
   a) Movement of electrons along a path called a conductor
   b) Strength required to push electrons through a conductor
c) Pressure required to move electrons through a conductor
d) Energy being used each second

46. The upper chambers of the heart are referred to as:  Answer _____ ( A )
   a) Atrium  b) Aorta
c) Mitral  d) Ventricles

47. The lower chambers of the heart are referred to as:  Answer _____ ( D )
   a) Atrium  b) Aorta
c) Mitral  d) Ventricles

48. This is the largest artery in the human body:  Answer _____ ( A )
   a) Aorta  b) Carotid Artery
c) Mitral Valve  d) Mandible

49. In hair cutting the area above the parietal ridge / crest is referred to as the:  Answer _____ ( A )
   a) Interior  b) Apex
c) Top  d) Exterior

50. In hair cutting the area below the parietal ridge / crest is referred to as:  Answer _____ ( D )
   a) Interior  b) Apex
c) Crest  d) Exterior

51. Effleurage is a massage movement consisting of:  Answer _____ ( D )
   a) Kneading movements  b) Tapping, slapping, and hacking movements
c) A deep rubbing movement  d) A light continuous stroking movement

52. Tinea refers to:  Answer _____ ( A )
   a) Ringworm  b) Athlete’s Foot
c) Ringworm of the feet  d) Ringworm of the hands

53. Tinea Manus refers to:  Answer _____ ( D )
   a) Ringworm  b) Athlete’s Foot
c) Ringworm of the feet  d) Ringworm of the hands

54. Tinea Pedis refers to:  Answer _____ ( D )
   a) Ringworm  b) Athlete’s Foot
c) Ringworm of the feet  d) Both B and C

55. Tinea Ingium refers to:  Answer _____ ( C )
   a) Ringworm  b) Ringworm of the feet
c) Ringworm of the nails  d) None of the above

56. The area from the nail root to the free edge, it contains no blood vessels or nerves:  Answer _____ ( D )
   a) Nail plate  b) Nail bed
c) Nail body  d) Both A and C

57. To create the most volume using a Pin-Curl Set, use ___ Curls:  Answer _____ ( C )
   a) Full Stem  b) ½ Stem
c) No Stem  d) None of the above
58. To create the most volume using a Roller/Wet Set, use ___ Curls: Answer _____ ( B )
   a) Off Base  b) On Base  
   c) Half Off Base  d) None of the above

59. The technical name given the thin membrane completely surrounding the heart: Answer _____ ( A )
   a) Pericardium  b) Perionychium  
   c) Perimysium  d) Peripheral

60. The pH of the neutralizer in a permanent wave solution is: Answer _____ ( D )
   a) Alkaline  b) Base  
   c) Neutral  d) Acid

61. The pH of the neutralizer in a permanent wave solution is: Answer _____ ( A )
   a) 3.5 – 4.5  b) 4.5 – 5.5  
   c) 6.7 – 7.7  d) 8.2 – 9.6

62. Pityriasis refers to: Answer _____ ( B )
   a) Ringworm  b) Dandruff  
   c) The “itch-mite”  d) Athlete’s Foot / Feet

63. Electrical current is defined as: Answer _____ ( B )
   a) The movement of protons along a path known as a conductor  
   b) The movement of electrons along a path known as a conductor  
   c) The movement of positrons along a path known as conductor  
   d) None of the above

64. A physician specializing in treatment of the skin is known as a: Answer _____ ( D )
   a) Podiatrist  b) Cardiologist  
   c) Pediatrician  d) Dermatologist

65. A “Cold Wave” permanent wave is: Answer _____ ( A )
   a) An alkaline wave  b) An acid wave  
   c) An acid-balanced wave  d) A guanidine wave

66. An ammonium thioglycolate solution is: Answer _____ ( B )
   a) Acid  b) Alkaline  
   c) Neutral  d) None of the above

67. The pH of an ammonium thioglycolate solution is approximately: Answer _____ ( D )
   a) 3.5 – 4.5  b) 4.5 – 5.5  
   c) 6.7 – 7.7  d) 8.2 – 9.6

68. Most permanent waves that process at room temperature are: Answer _____ ( C )
   a) Acid  b) Neutral  
   c) Alkaline  d) Base

69. Most perms processing at room temperature have a pH between: Answer _____ ( D )
   a) 3.5 – 4.5  b) 4.5 – 5.5  
   c) 6.7 – 7.7  d) 8.2 – 9.6

70. Waxy or greasy dandruff is known as: Answer _____ ( B )
   a) Tinea Capitis  b) Pityriasis Steatoidas  
   c) Pityriais capitis simplex  d) Paronychia

71. Dry or flaky dandruff is known as: Answer _____ ( C )
   a) Tinea Capitis  b) Pityriasis Steatoidas  
   c) Pityriais capitis simplex  d) Paronychia
72. Sanitation may best be defined as: Answer _____ ( A )
   a) The substantial reduction of pathogens from a surface or tools
   b) The killing of most bacteria and viruses on a surface or tools
   c) The killing of most bacteria, viruses, and bacterial spores from a surface or tools
   d) The killing of most bacteria, viruses, bacterial spores, and pathogens from a surface or tools

73. Disinfection may best be defined as: Answer _____ ( B )
   a) The substantial reduction of pathogens from a surface or tools
   b) The killing of most bacteria and viruses on a surface or tools
   c) The killing of most bacteria, viruses, and bacterial spores from a surface or tools
   d) The killing of most bacteria, viruses, bacterial spores, and pathogens from a surface or tools

74. Sterilization may best be defined as: Answer _____ ( D )
   a) The substantial reduction of pathogens from a surface or tools
   b) The killing of most bacteria and viruses on a surface or tools
   c) The killing of most bacteria, viruses, and pathogens from a surface or tools
   d) The killing of most bacteria, viruses, and bacterial spores from a surface or tools

75. The _____ supply oxygen to the blood: Answer _____ ( A )
   a) Lungs  b) Heart
   c) Liver  d) All of the above

76. Phalanges are the bones of the: Answer _____ ( D )
   a) Fingers  b) Feet
   c) Toes  d) Fingers and toes

77. Universal Precautions mean: Answer _____ ( D )
   a) The blood of all client should be treated as if they were infected
   b) The same infection control practices should be used with all clients
   c) Washing hands, wearing gloves, and properly disinfecting or disposing of all contaminated implements and tools
   d) All of the above

78. Which agency publishes the guidelines for Universal Precautions: Answer _____ ( C )
   a) EPA  b) CDC
   c) OSHA  d) CDC

79. Which agency requires vendors provide customers with a MSDS: Answer _____ ( C )
   a) EPA  b) CDC
   c) OSHA  d) CDC

80. Sterilization: Answer _____ ( A )
   a) Will destroy bacterial spores
   b) Is required in salons and spas
   c) Is accomplished by the use of disinfectants
   d) All of the above

81. An asymptomatic person is: Answer _____ ( A )
   a) Infected but shows no symptoms of infection
   b) Immune to the disease
   c) Shows symptoms of their infection
   d) None of the above

82. Which of the following is not part of a muscle: Answer _____ ( A )
   a) Patella  b) Origin
   c) Belly  d) Insertion

83. The proper order of muscle manipulation in a massage is: Answer _____ ( D )
   a) Belly to origin  b) Belly to insertion
   c) Origin to insertion  d) Insertion to origin
84. Pathogenic bacteria are:  
a) Harmful and disease producing  
b) Beneficial  
c) Harmful and non-disease producing  
d) Saphrophytes  

85. The AIDS virus weakens the body by breaking down the:  
a) Respiratory system  
b) Circulatory system  
c) Immune system  
d) Integumentary system  

86. Immunity against disease may be either:  
a) Acquired  
b) Natural  
c) Both A and B  
d) None of the above  

87. The spinal cord begins at / in the:  
a) The brain  
b) The spinal column  
c) The cerebellum  
d) The Medula  

88. The process of building up larger molecules from smaller ones:  
a) Metabolism  
b) Anabolism  
c) Catabolism  
d) All of the above  

89. This is the largest and uppermost bone of the arm:  
a) Radius  
b) Humerus  
c) Patella  
d) Ulna  

90. The process of breaking down larger molecules into smaller ones:  
a) Anabolism  
b) Catabolism  
c) Hematoma  
d) Metabolism  

91. Oxygen rich blood is:  
a) Dark red in color  
b) Blue in color  
c) Purple  
d) Bright red in color  

92. The blood located in the arteries is:  
a) Dark red in color  
b) Blue in color  
c) Purple  
d) Bright red in color  

93. Oxygen depleted blood is:  
a) Dark red in color  
b) Blue in color  
c) Purple  
d) Bright red in color  

94. The blood located in the veins is:  
a) Dark red in color  
b) Blue in color  
c) Purple  
d) Bright red in color  

95. The four chambers of the heart are:  
a) Atria and ventricles  
b) Atria and vesicles  
c) Aorta and atria  
d) Pterygium and ventricles  

96. Which of the following are located closer to the skins surface:  
a) Capillaries  
b) Veins  
c) Arteries  
d) They are all located in the same layer of the skin  

97. The color of the hair, skin, and nails is determined by:  
a) Sebum  
b) Melanin  
c) Dermis  
d) Adipose  

98. A deficiency of sweat, or the inability to sweat, is known as:  
a) Hyperhydrosis  
b) Bromhidrosis  
c) Anhidrosis  
d) None of the above
99. An excessive amount of sweat is known as:
   a) Hyperhydrosis       b) Bromhidrosis
   c) Anhidrosis          d) None of the above

Answer _____ ( A )

100. Extremely bad or foul smelling sweat is known as:
     a) Hyperhydrosis       b) Bromhidrosis
     c) Anhidrosis          d) None of the above

Answer _____ ( B )
1. The approximate pH range of A Cold Wave is:  
   a) 2.5 – 4.5  
   b) 4.5 – 6.9  
   c) 7.1 – 8.5  
   d) 8.2 – 9.6  

2. The pH of a Cold Wave is:  
   a) Acid  
   b) Base  
   c) Neutral  
   d) Alkaline

3. Reduction takes place during which phase of a permanent wave:  
   a) Processing  
   b) Oxidation  
   c) Neutralization  
   d) None of the above

4. The approximate pH range of an ammonium thioglycolate solution:  
   a) 2.5 – 4.5  
   b) 4.5 – 6.9  
   c) 7.1 – 8.5  
   d) 8.2 – 9.6

5. Ammonium thioglycolate is:  
   a) Acid  
   b) Base  
   c) Neutral  
   d) Alkaline

6. The pH range of an alkaline permanent wave is:  
   a) 2.5 – 4.5  
   b) 4.5 – 5.5  
   c) 7.1 – 8.5  
   d) 8.2 – 9.6

7. The pH range of neutralizer is:  
   a) 3.5 – 4.5  
   b) 4.5 – 5.5  
   c) 7.1 – 8.5  
   d) 8.2 – 9.6

8. Perm neutralizer is:  
   a) Acid  
   b) Base  
   c) Neutral  
   d) Alkaline

9. The main active ingredient in acid-balanced waving lotion is:  
   a) Ammonium Thioglycolate  
   b) Glyceryl Monothioglycolate  
   c) Sodium Hydroxide  
   d) Hydrogen Peroxide

10. The reducing agent in an alkaline permanent wave is:  
    a) Ammonium Thioglycolate  
    b) Glyceryl Monothioglycolate  
    c) Sodium Hydroxide  
    d) Hydrogen Peroxide

11. Oxidation takes place during which phase of a permanent wave:  
    a) Processing  
    b) Reduction  
    c) Neutralization  
    d) None of the above

12. Most common cutting position when giving a haircut with shears:  
    a) Palms up  
    b) Palms down  
    c) Palm to palm  
    d) None of the above

13. The half-moon whitish area located at the base of the nail:  
    a) Lanugo  
    b) Lunula  
    c) Matrix  
    d) Nail Root

14. How do you remove an acrylic nail:  
    a) Soak in non-acetone for 20 min.  
    b) Soak in acetone for 5 min.  
    c) Soak in acetone for 20 min  
    d) File with electric drill and then soak in acetone for 5 min.
15. The thin membrane completely surrounding / enclosing the heart: Answer _____ ( B )
   a) Perionychium  
   b) Pericardium  
   c) Perimeter  
   d) Periodontist

16. Pathogenic bacteria are: Answer _____ ( D )
   a) Viruses  
   b) Saprophytes  
   c) Non-disease producing  
   d) Disease producing

17. On the pH Scale, human hair, skin, and nails are: Answer _____ ( C )
   a) Alkaline  
   b) Base  
   c) Acid  
   d) Neutral

18. What effect does Acid have on human hair, skin, and nails: Answer _____ ( C )
   a) Harden and Swell  
   b) Soften and Shrink  
   c) Harden and Shrink  
   d) Soften and Swell

19. What effect does Alkaline / Base have on human hair, skin and nails: Answer _____ ( D )
   a) Harden and Swell  
   b) Soften and Shrink  
   c) Harden and Shrink  
   d) Soften and Swell

20. This is the technical name given to any electrical appliance: Answer _____ ( D )
   a) Rectifier  
   b) Apparatus  
   c) Closed Circuit  
   d) Load

21. Which of the following is not an example of a Load: Answer _____ ( B )
   a) Curling Iron  
   b) Tesla High-Frequency Current  
   c) Flat Iron  
   d) Electrical Drill Sander for Nails

22. Human hair, skin, and nails are all made from a protein known as: Answer _____ ( A )
   a) Keratin  
   b) Keristan  
   c) Adipose  
   d) Both A and C

23. The technical term for a “hangnail” is: Answer _____ ( C )
   a) Onychophagy  
   b) Onychia  
   c) Agnail  
   d) Onyx

24. An “Efficacy Label” will tell you: Answer _____ ( D )
   a) The efficacy of a product  
   b) Product usage and handling instructions  
   c) Ingredients in a product  
   d) What pathogens a product will be effective against

25. A person who has a contagious disease, but displays no symptoms (appears healthy) is known as: Answer _____ ( A )
   a) Asymptomatic  
   b) Immune  
   c) Symptomatic  
   d) Contagious

26. An antiseptic can be used to: Answer _____ ( A )
   a) Sanitize  
   b) Disinfect  
   c) Sterilize  
   d) None of the above

27. The lowest / weakest level of decontamination is known as: Answer _____ ( B )
   a) Sterilization  
   b) Sanitation  
   c) Immunization  
   d) Disinfection

28. To prepare the nail lacquer for use, it should be: Answer _____ ( A )
   a) Rolled between the palms of the hands  
   b) Rolled between the finger tips  
   c) Shaken gently  
   d) Shaken vigorously
29. A sanitizer inadequate for use on implements/surfaces, but designed for use on human skin, and nails:
   a) Disinfectant  
   b) Antiseptic  
   c) Bacteriacide  
   d) Both A and B  
   Answer _____ ( B )

30. The matrix is:
   a) A very profitable Keenan Reeves movie franchise  
   b) The overlapping skin around the nail  
   c) The portion of the skin upon which the nail body / nail plate rests  
   d) Portion of the nail extending beneath the nail root and containing nerves, lymph, and blood vessels  
   Answer _____ ( D )

31. A substance that will kill germs and microbes on contaminated tools and other non-porous surfaces:
   a) Disinfectant  
   b) Antiseptic  
   c) Sterilizer  
   d) None of the above  
   Answer _____ ( A )

32. A substance that will kill germs, microbes, and bacterial spores on contaminated tools and other non-porous surfaces:
   a) Disinfectant  
   b) Antiseptic  
   c) Sterilizer  
   d) None of the above  
   Answer _____ ( C )

33. The highest / strongest level of decontamination is known as:
   a) Sterilization  
   b) Sanitation  
   c) Immunization  
   d) Disinfection  
   Answer _____ ( A )

34. Disinfectants must be approved by the:
   a) EPA  
   b) FDA  
   c) OSHA  
   d) CDC  
   Answer _____ ( A )

35. Ingredients used in cosmetics must be approved by the:
   a) EPA  
   b) FDA  
   c) OSHA  
   d) CDC  
   Answer _____ ( B )

36. Requires the use of Predisposition Tests, Patch Tests and P.D. Tests:
   a) EPA  
   b) FDA  
   c) OSHA  
   d) CDC  
   Answer _____ ( B )

37. Regulates and enforces health and safety standards in the workplace:
   a) FDA  
   b) EPA  
   c) CDC  
   d) OSHA  
   Answer _____ ( D )

38. A decontamination procedure designed to reduce the number of pathogens on surfaces and tools, or, retard / slow down their growth:
   a) Sterilization  
   b) Disinfection  
   c) Sanitation  
   d) Decontamination  
   Answer _____ ( C )

39. Sets the requirements for Universal Precautions:
   a) FDA  
   b) EPA  
   c) CDC  
   d) OSHA  
   Answer _____ ( D )

40. Requires manufacturers to provide you with a MSDS:
   a) FDA  
   b) EPA  
   c) CDC  
   d) OSHA  
   Answer _____ ( D )

41. Antiseptic solutions (including most shampoos, soaps, and alcohol) have what effect:
   a) Sanitize  
   b) Disinfect  
   c) Sterilize  
   d) All of the above  
   Answer _____ ( A )
42. The most common cutting position when giving a razor cut is:  Answer _____ ( B )
   a) Palms up, razor below fingers  b) Palms down, razor above fingers
   c) Palms down, razor below fingers  d) Palms up, razor above fingers

43. Will kill all bacteria on a surface and most viruses:  Answer _____ ( B )
   a) Sterilization  b) Disinfection
   c) Sanitation  d) Decontamination

44. Hand sanitizers are:  Answer _____ ( D )
   a) Disinfectants  b) Sterilizers
   c) Both A and B  d) None of the above

45. Level of decontamination required in the salon and spa:  Answer _____ ( B )
   a) Sterilization  b) Disinfection
   c) Sanitation  d) Decontamination

46. The level of decontamination required in medical settings:  Answer _____ ( A )
   a) Sterilization  b) Disinfection
   c) Sanitation  d) Decontamination

47. The pH Scale measures the _______ or _______ of a product:  Answer _____ ( A )
   a) Alkalinity or Acidity  b) Alkalinity or Base
   c) Alkalinity or Neutral  d) None of the above

48. The largest artery in the human body is known as the:  Answer _____ ( B )
   a) Internal Carotid Artery  b) Aorta
   c) Jugular  d) External carotid Artery

49. Water (H2O) and olive oil are:  Answer _____ ( B )
   a) Acid  b) Neutral
   c) Alkaline  d) None of the above

50. The pH of water and olive oil is:  Answer _____ ( B )
   a) 4.5 – 5.5  b) 7
   c) 7.1 – 8.1  d) 9

51. This is the body’s first line of defense against infection:  Answer _____ ( B )
   a) Universal Precautions  b) Unbroken skin
   c) Covering your mouth when you cough  d) None of the above

52. Paronychia:  Answer _____ ( B )
   a) The tissue beneath the free edge of the nail
   b) Inflammation of the tissue / skin / epidermis surrounding the nail
   c) Extension of the cuticle at the base of the nail, partly overlaps the lunula
   d) Portion of the tissue / skin / epidermis surrounding the entire nail border

53. Perionychium:  Answer _____ ( D )
   a) The tissue beneath the free edge of the nail
   b) Inflammation of the tissue / skin / epidermis surrounding the nail
   c) Extension of the cuticle at the base of the nail, partly overlaps the lunula
   d) Portion of the tissue / skin / epidermis surrounding the entire nail border

54. Epionychium:  Answer _____ ( C )
   a) The tissue beneath the free edge of the nail
   b) Inflammation of the tissue / skin / epidermis surrounding the nail
   c) Extension of the cuticle at the base of the nail, partly overlaps the lunula
   d) Portion of the tissue / skin / epidermis surrounding the entire nail border
55. In electrical measurements Ohms indicate:  
   a) Strength  
   b) Resistance  
   c) Pressure  
   d) Energy consumed per second  
   Answer _____ ( B )

56. Hyponychium:  
   a) The tissue beneath the free edge of the nail  
   b) Inflammation of the tissue / skin / epidermis surrounding the nail  
   c) Extension of the cuticle at the base of the nail, partly overlaps the lunula  
   d) Portion of the tissue / skin / epidermis surrounding the entire nail border  
   Answer _____ ( A )

57. This is the technical term for the nail:  
   a) Agnail  
   b) Cutis  
   c) Onyx  
   d) Patella  
   Answer _____ ( C )

58. The folds of skin overlapping the sides of the nails:  
   a) Grooves  
   b) Walls  
   c) Slits  
   d) Tracks  
   Answer _____ ( B )

59. A condition resulting in the forward growth of the cuticle over the nail plate or nail body:  
   a) Hyponychium  
   b) Pterygium  
   c) Cutis  
   d) Pericardium  
   Answer _____ ( B )

60. Slits or tracks at each side of the nail upon which the nail moves / travels as it grows:  
   a) Grooves  
   b) Walls  
   c) Cuticle  
   d) None of the above  
   Answer _____ ( A )

61. Onychia is defined as:  
   a) Inflammation of the matrix  
   b) Inflammation of the tissue around the nail  
   c) Extension of the cuticle  
   d) None of the above  
   Answer _____ ( A )

62. The technical / medical term for dandruff is:  
   a) Steatoidas  
   b) Capitis simplex  
   c) Canities  
   d) Pityriasis  
   Answer _____ ( D )

63. A highly contagious animal parasite referred to as the “itch-mite”:  
   a) Tinea capitis  
   b) Scabies  
   c) Pediculous  
   d) Tinea Pedis  
   Answer _____ ( B )

64. A highly contagious condition commonly called “athletes feet”:  
   a) Tinea capitis  
   b) Scabies  
   c) Pediculous  
   d) Tinea Pedis  
   Answer _____ ( D )

65. Greasy or waxy dandruff is referred to as:  
   a) Pityriasis capitis simplex  
   b) Fragilitas crinium  
   c) Canities  
   d) Pityriasis Steatoidas  
   Answer _____ ( D )

66. Dry dandruff characterized by small, dry, white scales; often results from poor circulation, and is known as:  
   a) Pityriasis capitis simplex  
   b) Fragilitas crinium  
   c) Pediculosis  
   d) Pityriasis Steatoidas  
   Answer _____ ( A )

67. A highly contagious condition usually spread by the use shared use of hats, combs, and brushes:  
   a) Pityriasis capitis simplex  
   b) Fragilitas crinium  
   c) Pediculosis  
   d) Pityriasis Steatoidas  
   Answer _____ ( C )
68. The portion of the haircut below the parietal ridge is known as: Answer _____ ( A )
   a) Exterior  b) Apex  c) Crest  d) Interior

69. A substance able to dissolve another substance is known as a/an: Answer _____ ( B )
   a) Solution  b) Solvent  c) Alkanolamine  d) Solute

70. FDA regulatory authority does not extend to the following: Answer _____ ( D )
   a) Nail polish / lacquer  b) Hair color  c) Eye shadow  d) Quats

71. Because it is capable of dissolving more substances than any other solvent, Answer _____ ( D )
   is often referred to as the universal solvent:
   a) Water / H2O2  b) Oil  c) Alcohol  d) Water / H2O

72. Volts / voltage is a measurement of electrical: Answer _____ ( A )
   a) Pressure  b) Strength  c) Usage  d) Resistance

73. Dandruff is thought to be: Answer _____ ( A )
   a) Contagious  b) Asymptomatic  c) Non-contagious  d) Persona non-grata

74. A safety device used to prevent the overloading / overheating of electrical wires: Answer _____ ( C )
   a) Circuit Breaker  b) Anode  c) Both A and D  d) Fuse

75. A solution has at least two parts or components, the solvent and the solute; the part of the solution being dissolved is referred to as the: Answer _____ ( C )
   a) Solvent  b) Emulsion  c) Solute  d) None of the above

76. A solution has at least two parts or components, the solvent and the solute; the part of the solution dissolving the other part is referred to as the: Answer _____ ( A )
   a) Solvent  b) Emulsion  c) Solute  d) None of the above

77. Used to convert alternating current to direct current: Answer _____ ( A )
   a) Rectifier  b) Cathode  c) Converter  d) Anode

78. Electrical current is defined as: Answer _____ ( C )
   a) The movement of protons along a path called a conductor  
   b) The amount of electrical energy being used per second  
   c) The movement of electrons along a path called a conductor  
   d) The movement of electrons along a path known as an insulator

79. The number of electrons flowing through a wire, in other words – the strength of an electrical current is measured by: Answer _____ ( C )
   a) Volts / voltage  b) Ohms  c) Amps / Amperes  d) Watts / Kilowatts

80. Tinea refers to: Answer _____ ( D )
   a) The itch-mite  b) The highly contagious animal parasite known as ringworm  
   c) Pediculosis  d) The highly contagious vegetable parasite known as ringworm
81. Tinea capitis refers to:
   a) Scabies          b) Ringworm of the feet
   c) Ringworm of the head   d) Ringworm of the nails
   Answer _____ (C)

82. Tinea pedis refers to:
   a) Scabies          b) Ringworm of the nails
   c) Ringworm of the head   d) Ringworm of the feet / Athlete’s Feet
   Answer _____ (D)

83. Tinea unguum refers to:
   a) Scabies          b) Ringworm of the feet
   c) Ringworm of the head   d) Ringworm of the nails
   Answer _____ (D)

84. The portion of the haircut above the parietal ridge is known as:
   a) Exterior          b) Apex
   c) Crest           d) Interior
   Answer _____ (D)

85. The path followed by an electrical current; from its source, through the conductors, and back to its source is called a/an:
   a) Open circuit      b) Incomplete circuit
   c) Complete circuit   d) Closed circuit
   Answer _____ (C)

86. A ________ is a substance that stops the flow of electrical current, or, does not allow electrical current to pass through it easily:
   a) Converter          b) Insulator
   c) Conductor        d) Rectifier
   Answer _____ (B)

87. A ________ converts direct current into alternating current:
   a) Rectifier          b) Cathode
   c) Converter        d) Anode
   Answer _____ (C)

88. This is a constant, even, uninterrupted flow of electricity traveling in one direction only:
   a) Direct current      b) Oscillating current
   c) Alternating current d) All of the above
   Answer _____ (A)

89. This is a rapid and interrupted flow of electricity traveling in one direction and then the other:
   a) Direct current      b) Oscillating current
   c) Alternating current d) All of the above
   Answer _____ (C)

90. The number of bones in the human body is:
   a) 14          b) 26
   c) 206            d) 312
   Answer _____ (C)

91. The number of bones in the human hand is:
   a) 19          b) 26
   c) 206            d) 312
   Answer _____ (A)

92. The number of bones in the human foot is:
   a) 14          b) 26
   c) 206            d) 312
   Answer _____ (B)

93. Very weak or fragile nails that are easily bent or broken:
   a) Agnails          b) Bruised nails
   c) Eggshell nails   d) None of the above
   Answer _____ (C)

94. The Metacarpus refers to:
   a) The wrist          b) The ankle
   c) The knee            d) The palm
   Answer _____ (D)
95. When removing nail polish or nail lacquer from artificial nails use:
   a) Non-acetone  
b) Alcohol free products  
c) Acetone  
d) DMDM Hydantin  
Answer _____ ( A )

96. _____ is / are the bones of the fingers and toes:
   a) Phalanges  
b) Patellas  
c) Hyoids  
d) Parietals  
Answer _____ ( A )

97. There are _____ bones in the metacarpus of the hand:
   a) 26  
b) 14  
c) 7  
d) 5  
Answer _____ ( D )

98. This is the small bone on the thumb side of the forearm:
   a) Lacrimal  
b) Radius  
c) Ulna  
d) Zygomatic  
Answer _____ ( B )

99. This is the large bone on the little finger side of the forearm:
   a) Lacrimal  
b) Radius  
c) Ulna  
d) Zygomatic  
Answer _____ ( C )

100. To clean under the Free Edge of the nail you should use:
   a) A Q-Tip  
b) An orangewood stick  
c) A cotton-tipped Rasp  
d) A cotton-tipped orangewood stick  
Answer _____ ( D )
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