

Colorado Cosmetology Written Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. What condition describes split or brittle nails?**
 - A. Onycholysis**
 - B. Onychoptosis**
 - C. Onychorrhexis**
 - D. Pterygium**
- 2. All of the following are sensations from the sensory nerves EXCEPT:**
 - A. Heat**
 - B. Pain**
 - C. Pressure**
 - D. Involuntary movement**
- 3. Which layer of the skin is primarily responsible for its structural integrity and elasticity?**
 - A. Dermis**
 - B. Epidermis**
 - C. Hypodermis**
 - D. Papillary layer**
- 4. What system of the body gives us our natural protective covering?**
 - A. Cardiovascular system**
 - B. Endocrine system**
 - C. Integumentary system**
 - D. Respiratory system**
- 5. Which hair growth phase can last for several years?**
 - A. Anagen**
 - B. Catagen**
 - C. Resting**
 - D. Telogen**

- 6. What is the pH of sodium hydroxide?**
- A. 1.5-2.5**
 - B. 4.5-5.5**
 - C. 10.5-11.5**
 - D. 12.5-13.5**
- 7. What type of hair removal uses a caustic alkali preparation?**
- A. Depilatories**
 - B. Electrolysis**
 - C. Laser hair removal**
 - D. Waxing**
- 8. What is a papilla?**
- A. A layer of the hair shaft**
 - B. Connective tissue extending into and nourishing the hair root**
 - C. The outermost layer of the skin**
 - D. A muscle that raises the hair**
- 9. What describes a keloid?**
- A. An inflammation of the sebaceous glands**
 - B. A hair follicle that is plugged**
 - C. An acute inflammatory disorder of the sweat glands**
 - D. Thick scar resulting from excessive growth of fibrous tissue**
- 10. What proportions should be considered before designing a hairstyle?**
- A. Client's body shape and size**
 - B. Client's hair texture and length**
 - C. Client's facial features**
 - D. Client's eye color**

Answers

SAMPLE

1. C
2. A
3. A
4. C
5. A
6. A
7. A
8. B
9. D
10. A

SAMPLE

Explanations

SAMPLE

1. What condition describes split or brittle nails?

- A. Onycholysis
- B. Onychoptosis
- C. Onychorrhexis**
- D. Pterygium

Onychorrhexis is a condition where the nails become split or brittle due to the breakdown of keratin, the protein that makes up the nails. Onycholysis, option A, refers to separation of the nail from the nail bed. While this can lead to brittle nails, it is not the correct term for the specific condition described in the question. Onychoptosis, option B, refers to the shedding or loss of a nail. This is not the correct term for split or brittle nails. Pterygium, option D, is the growth of tissue over the nail. While this can happen in conjunction with brittle nails, it is not the specific condition described in the question.

2. All of the following are sensations from the sensory nerves EXCEPT:

- A. Heat**
- B. Pain
- C. Pressure
- D. Involuntary movement

Sensory nerves are responsible for transmitting sensations from the outside environment to the brain. Heat, pain, and pressure are all examples of sensations that are received by sensory nerves. Involuntary movement, however, is not a sensation but rather a function controlled by the motor nerves. It is important to note that sensory and motor nerves work together to allow us to perceive and respond to our surroundings. Therefore, while all the other options listed are sensations, involuntary movement is not.

3. Which layer of the skin is primarily responsible for its structural integrity and elasticity?

- A. Dermis**
- B. Epidermis
- C. Hypodermis
- D. Papillary layer

The dermis is responsible for the skin's structural integrity and elasticity, providing support and strength through collagen and elastin fibers. The epidermis is primarily responsible for protection and waterproofing, while the hypodermis is responsible for insulation and cushioning. The papillary layer is a part of the dermis and helps with nutrient exchange and touch sensitivity, but it is not the primary layer responsible for structural integrity and elasticity.

4. What system of the body gives us our natural protective covering?

- A. Cardiovascular system**
- B. Endocrine system**
- C. Integumentary system**
- D. Respiratory system**

The integumentary system is responsible for providing our natural protective covering, which includes the skin, hair, nails, and various glands. This system plays a crucial role in safeguarding the body against environmental hazards such as pathogens, chemicals, and physical injuries. The skin, in particular, acts as the first line of defense, helping to prevent the entry of harmful substances and maintaining the body's hydration levels. It also plays a significant role in regulating body temperature and sensing external stimuli through nerve endings. In contrast, the cardiovascular system focuses on the circulation of blood and transportation of nutrients throughout the body, while the endocrine system regulates hormonal functions and bodily processes. The respiratory system is involved in gas exchange, bringing oxygen into the body and expelling carbon dioxide. Each of these systems has essential functions, but it is the integumentary system that specifically provides our external protective barrier.

5. Which hair growth phase can last for several years?

- A. Anagen**
- B. Catagen**
- C. Resting**
- D. Telogen**

The hair growth phase that can last for several years is called Anagen. This phase is characterized by rapid cell division and is the longest stage of the hair growth cycle. Catagen, resting, and telogen are all different phases of the hair growth cycle that occur after Anagen. Catagen is a transitional phase where hair growth starts to slow down, resting is a phase where hair follicles are at rest and not actively growing, and telogen is the final phase where hairs shed and new hairs begin to grow in their place. These phases usually last for a few weeks to a few months, whereas Anagen can last for several years.

6. What is the pH of sodium hydroxide?

- A. 1.5-2.5**
- B. 4.5-5.5**
- C. 10.5-11.5**
- D. 12.5-13.5**

Sodium hydroxide, commonly known as lye, is a strong alkaline substance that has a very high pH level. Its pH typically ranges from 12.5 to 13.5, which places it firmly in the category of caustic alkalis. This high pH is why it is effective in various applications, such as in hair smoothing treatments and chemical peels, as it can alter the structure of hair and skin. Understanding the nature of sodium hydroxide is important, particularly in the context of its uses in cosmetology. This knowledge helps explain the handling precautions necessary to prevent chemical burns and skin irritation. The options that suggest much lower pH levels indicate either acidic or neutral substances, which do not accurately represent sodium hydroxide's properties. Hence, the correct answer is the one that correctly identifies the high pH of sodium hydroxide.

7. What type of hair removal uses a caustic alkali preparation?

- A. Depilatories**
- B. Electrolysis**
- C. Laser hair removal**
- D. Waxing**

The correct answer is depilatories. Depilatories are products specifically designed for hair removal that contain a caustic alkali preparation, which breaks down the protein structure of the hair, allowing it to be easily wiped away from the skin's surface. This process typically involves a cream or lotion that is applied to the unwanted hair and is left on for a short period before being removed. In contrast, electrolysis involves the use of electric current to destroy hair follicles, making it a method of permanent hair removal rather than a topical application like depilatories. Laser hair removal uses concentrated light beams to target and destroy hair follicles, which is also fundamentally different from a caustic chemical process. Waxing is a mechanical method of hair removal that involves applying a sticky substance to the hair and pulling it out from the root, without any use of caustic materials. Understanding these differences highlights why depilatories are classified specifically for their use of caustic alkali for the effective removal of hair.

8. What is a papilla?

- A. A layer of the hair shaft**
- B. Connective tissue extending into and nourishing the hair root**
- C. The outermost layer of the skin**
- D. A muscle that raises the hair**

The correct answer identifies the papilla as the connective tissue that extends into and nourishes the hair root. The hair papilla is a critical structure located at the base of the hair follicle and is composed of a small, cup-like structure that contains blood vessels and nerve endings. These blood vessels supply essential nutrients and oxygen to the hair, promoting healthy growth. The papilla plays a key role in the hair growth cycle and overall hair health. The other choices do not accurately describe the papilla. For example, the layer of the hair shaft and the outermost layer of the skin refer to different structures within the anatomy of hair and skin, while the muscle that raises the hair relates to the arrector pili muscle, which is responsible for creating goosebumps and is not directly associated with the nourishing functions attributed to the papilla. This understanding helps clarify the significance of the papilla in the broader context of hair biology.

9. What describes a keloid?

- A. An inflammation of the sebaceous glands**
- B. A hair follicle that is plugged**
- C. An acute inflammatory disorder of the sweat glands**
- D. Thick scar resulting from excessive growth of fibrous tissue**

A keloid is not an inflammation of the sebaceous glands (option A). The sebaceous glands are responsible for producing oil on our skin, but keloids are excess growths of scar tissue. □ A keloid is not a hair follicle that is plugged (option B). A plugged hair follicle is a symptom of acne, while a keloid is a type of scar that forms when the body tries to heal an injury. □ A keloid is not an acute inflammatory disorder of the sweat glands (option C). This description is more closely related to a condition called hidradenitis suppurativa, which affects the sweat glands. □ A keloid is correctly described as a thick scar resulting from excessive growth of fibrous tissue (option D). Keloids can form after an injury or trauma to the skin, and are more common in certain skin types. They can also continue to grow and extend beyond the boundaries of the original injury.

10. What proportions should be considered before designing a hairstyle?

- A. Client's body shape and size**
- B. Client's hair texture and length**
- C. Client's facial features**
- D. Client's eye color**

Proportions are important to consider when designing a hairstyle because it helps achieve balance and symmetry. Option B, hair texture and length, is not necessarily directly related to proportions. It can play a role in the overall look of the hairstyle, but it does not directly affect proportions. Option C, facial features, also plays a role in the overall look, but it does not necessarily affect proportions. Option D, eye color, is not relevant to proportions and should not be considered when designing a hairstyle. Therefore, option A, client's body shape and size, is the most critical factor to consider in order to achieve a well-proportioned and visually pleasing hairstyle for the client.