

Colorado Cosmetology Written Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. A benign, keratin-filled cyst that appears around the eyes, cheeks, and forehead is known as:**
 - A. Acne**
 - B. Milia**
 - C. Psoriasis**
 - D. Rosacea**
- 2. Which type of hair cuticle layer condition is ideal for chemical services?**
 - A. A healthy, intact cuticle**
 - B. Overly porous cuticle**
 - C. Raised cuticle**
 - D. Severely damaged cuticle**
- 3. What describes the thickening of the nail plate?**
 - A. Furrows**
 - B. Onychavxis**
 - C. Onychophagy**
 - D. Perionychium**
- 4. What characterizes miliaria rubra?**
 - A. Benign cysts and excessive sweating**
 - B. Thick scars and plugged follicles**
 - C. Sudden hair loss without inflammation**
 - D. Eruption of small red vesicles, burning and itching skin**
- 5. Which protein gives skin its ability to stretch and return to shape?**
 - A. Collagen**
 - B. Elastin**
 - C. Keratin**
 - D. Melanin**

- 6. How long does it take for a new nail to grow?**
- A. 1-2 months**
 - B. 2-3 months**
 - C. 4-6 months**
 - D. 7-9 months**
- 7. Which term refers to the overgrown cuticle that becomes attached to the nail plate?**
- A. Onycholysis**
 - B. Onychorrhexis**
 - C. Paronychia**
 - D. Pterygium**
- 8. Hair colors containing metal salts that change hair color gradually by progressive buildup and exposure to air are called:**
- A. Permanent hair color**
 - B. Progressive hair color**
 - C. Semi-permanent hair color**
 - D. Temporary hair color**
- 9. All of the following are types of potentially harmful organisms which may cause infections disease EXCEPT:**
- A. Bacteria**
 - B. Fungi**
 - C. Lactobacillus**
 - D. Viruses**
- 10. Which lines create length and height in a hair design?**
- A. Diagonal**
 - B. Curved**
 - C. Horizontal**
 - D. Vertical**

Answers

SAMPLE

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

SAMPLE

Explanations

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1. A benign, keratin-filled cyst that appears around the eyes, cheeks, and forehead is known as:

A. Acne

B. Milia

C. Psoriasis

D. Rosacea

A. Acne is a skin condition that causes pimples and blackheads, typically on the face, chest, and back. Unlike acne, milia are small, dome-shaped bumps that are often found around the eyes, cheeks, and forehead. They are caused by trapped keratin under the skin. B. CORRECT - Milia is the correct answer. This is a common and harmless condition caused by keratin becoming trapped under the skin. It is often seen in newborns but can also appear in adults. Milia are commonly found around the eyes, cheeks, and forehead. C. Psoriasis is a chronic autoimmune condition that causes cells to build up rapidly on the surface of the skin, leading to thick, silvery scales and itchy, dry patches. It most commonly appears on the elbows, knees, scalp, and lower back. D. Rosacea is a long-term skin condition that causes redness, visible blood vessels, and bumps on the face. It typically affects the cheeks, forehead, chin, and nose. Unlike rosacea, milia is not associated with redness or visible blood vessels on the skin.

2. Which type of hair cuticle layer condition is ideal for chemical services?

A. A healthy, intact cuticle

B. Overly porous cuticle

C. Raised cuticle

D. Severely damaged cuticle

A healthy, intact cuticle is ideal for chemical services because it creates a protective barrier that retains moisture and keeps the hair's internal structure stable. When the cuticle layer is healthy, it allows for better absorption of chemical products without causing excessive damage to the hair shaft or leading to unwanted chemical reactions. An intact cuticle also ensures that the hair maintains its strength and resilience during treatments like coloring, perming, or relaxing, which require careful penetration of products into the hair. In contrast, overly porous, raised, or severely damaged cuticles compromise the hair's integrity and can lead to uneven results or further damage during chemical processes. Such conditions typically allow products to penetrate too quickly or excessively, which can result in adverse outcomes such as breakage, loss of elasticity, or a lack of desired results. Thus, maintaining a healthy cuticle layer is essential for achieving the best results during chemical services.

3. What describes the thickening of the nail plate?

- A. Furrows
- B. Onychavxis**
- C. Onychophagy
- D. Perionychium

The thickening of the nail plate is described as onychauxis. Onychophagy refers to nail biting, which is a behavior rather than a characteristic of the nail. Furrows are long, narrow, and shallow depressions in the nail plate, while the perionychium is the skin and tissue surrounding the nail. Therefore, neither A nor D are correct answers for this question.

4. What characterizes miliaria rubra?

- A. Benign cysts and excessive sweating
- B. Thick scars and plugged follicles
- C. Sudden hair loss without inflammation
- D. Eruption of small red vesicles, burning and itching skin**

Miliaria rubra is a common skin condition characterized by the eruption of small red vesicles, burning, and itching skin. This is caused by blockage of sweat glands leading to inflammation and sweat buildup. Option A is not correct as miliaria rubra does not involve benign cysts, an overgrowth of skin cells in a sac-like structure. Option B is incorrect as it describes scars and plugged follicles, which are not associated with this condition. Option C is incorrect as miliaria rubra is not known to cause sudden hair loss, and itchy skin is not a characteristic of hair loss.

5. Which protein gives skin its ability to stretch and return to shape?

- A. Collagen
- B. Elastin**
- C. Keratin
- D. Melanin

Elastin is a protein found in connective tissue that gives skin its ability to stretch and return to its original shape. Collagen, choice A, is also a protein found in the skin but provides strength and structure rather than elasticity. Keratin, choice C, is a protein that makes up hair and nails and does not contribute to the skin's ability to stretch. Melanin, choice D, is a pigment that gives color to the skin and does not play a role in its elasticity. Therefore, the correct answer is B Elastin.

6. How long does it take for a new nail to grow?

- A. 1-2 months
- B. 2-3 months
- C. 4-6 months**
- D. 7-9 months

The correct response reflects the typical duration for a new nail to grow. Fingernails generally grow at an average rate of about 1/8 inch (3 mm) per month. Given this growth rate, a full nail can take anywhere from 4 to 6 months to completely grow out, depending on individual factors such as overall health, age, and nutrition. This aligns with normal nail growth patterns, which often means that if a nail is lost or damaged, it can take around this timeframe for a new nail to emerge fully and replace it. Other timeframes mentioned may not adequately capture the average growth period; for example, while some might believe 1-2 months might suffice for short-term regrowth, it wouldn't account for a full nail replacement. Similarly, durations of 7-9 months extend beyond the typical cycle, making the understanding of average nail growth essential for effective nail care and management in a cosmetology context.

7. Which term refers to the overgrown cuticle that becomes attached to the nail plate?

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

Pterygium refers to the overgrown cuticle that becomes attached to the nail plate, causing it to appear elongated and thickened. Onycholysis (A) is the separation of the nail plate from the nail bed, typically caused by trauma or a fungal infection. Onychorrhexis (B) is the splitting or brittleness of the nail caused by repeated exposure to harsh chemicals or injury. Paronychia (C) is a bacterial or fungal infection of the nail fold, which is the skin around the nail. None of these terms accurately describe the overgrowth of the cuticle onto the nail plate.

8. Hair colors containing metal salts that change hair color gradually by progressive buildup and exposure to air are called:

- A. Permanent hair color**
- B. Progressive hair color**
- C. Semi-permanent hair color**
- D. Temporary hair color**

The correct answer is progressive hair color, which is specifically formulated with metal salts designed to create a gradual change in hair color through a buildup effect. This type of color reacts with the natural pigment in the hair and continues to develop over time, requiring regular applications to achieve the desired shade. The oxidation process occurs when the hair is exposed to air, enhancing the color gradually with each use. Permanent hair color, on the other hand, requires a chemical reaction that permanently alters the hair's structure and does not typically involve the gradual buildup characteristic of progressive hair colors. Semi-permanent hair color lasts longer than temporary options but does not gradually change color in the same way, as it essentially deposits color molecules onto the hair's surface without the involvement of metal salts or the same oxidative process. Temporary hair color, while it can change the hair's appearance for a short time, simply coats the hair shaft and does not lead to a long-term change or buildup effect.

9. All of the following are types of potentially harmful organisms which may cause infections disease EXCEPT:

- A. Bacteria**
- B. Fungi**
- C. Lactobacillus**
- D. Viruses**

Bacteria, fungi, and viruses are all types of organisms that can cause infections and diseases in humans. However, lactobacillus is a type of bacteria that is usually beneficial and does not typically cause infections. It is commonly found in probiotic products and helps maintain a healthy balance of bacteria in our bodies. Therefore, it is the exception in this list of potentially harmful organisms.

10. Which lines create length and height in a hair design?

- A. Diagonal**
- B. Curved**
- C. Horizontal**
- D. Vertical**

Diagonal lines can create length and height in a hair design, as they are angled and provide an illusion of depth and dimension. Horizontal lines, on the other hand, will only create width and do not contribute to length or height. Vertical lines also do not create length or height, as they only contribute to the width of a design. Curved lines may add some dimension, but they do not provide the same effect as diagonal lines. Therefore, A is the best choice for creating length and height in a hair design.