

Colorado Cosmetology Written Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. What do blue nails appear as?**
 - A. They appear bluish in color**
 - B. They have horizontal wavy ridges across the nail**
 - C. They are characterized by very thin, soft nails**
 - D. They contain living tissue underneath the free edge**

- 2. What is the ideal way to blend the perimeter of a layered haircut?**
 - A. By pulling the hair to the natural fall and trim uneven points**
 - B. By cutting the hair straight across**
 - C. By using a razor to soften the edges**
 - D. By using thinning shears**

- 3. What is the correct term for the natural living skin at the base of the nail plate?**
 - A. Lunula**
 - B. Onychophagy**
 - C. Perionychium**
 - D. Eponychium**

- 4. Which technique involves massaging with a circular motion using the pads of the fingers?**
 - A. Effleurage**
 - B. Petrissage**
 - C. Tapotement**
 - D. Vibration**

- 5. Items that can be cleaned, disinfected, and used on more than one person even if the item is accidentally exposed to blood or body fluid are referred to as?**
 - A. Disposable items**
 - B. Multiuse items**
 - C. Nonporous items**
 - D. Single-use items**

6. The process of rearranging curly hair into a straighter or smoother form is known as:

- A. Chemical hair relaxing**
- B. Permanent waving**
- C. Thermal straightening**
- D. Hair rebonding**

7. What is NOT a permanent hair removal method?

- A. Electrolysis**
- B. Epilators**
- C. Laser hair removal**
- D. Photoepilation**

8. Which nail product is used to improve adhesion of UV and LED gels?

- A. Dehydrator**
- B. Nail primer**
- C. Top coat**
- D. UV gel polish**

9. What type of items can be reused after being disinfected, even after exposure to blood or body fluids?

- A. Metal items**
- B. Multiuse items**
- C. Personal items**
- D. Single-use items**

10. What condition describes split or brittle nails?

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

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What do blue nails appear as?

- A. They appear blush in color**
- B. They have horizontal wavy ridges across the nail**
- C. They are characterized by very thin, soft nails**
- D. They contain living tissue underneath the free edge**

Blue nails can indicate a medical condition known as cyanosis, which is caused by a lack of oxygen in the blood. This can cause blue or purple discoloration in the nails. The other options are incorrect because blush color nails may indicate anemia, not cyanosis. Horizontal wavy ridges across the nail may indicate Beau's lines, a sign of underlying health issues. Very thin, soft nails are common in conditions such as anemia or hypothyroidism. Living tissue underneath the free edge is normal for healthy nails.

2. What is the ideal way to blend the perimeter of a layered haircut?

- A. By pulling the hair to the natural fall and trim uneven points**
- B. By cutting the hair straight across**
- C. By using a razor to soften the edges**
- D. By using thinning shears**

When blending the perimeter of a layered haircut, the ideal way is to pull the hair to its natural fall and trim any uneven points. This helps to maintain the natural shape and flow of the haircut. Cutting the hair straight across (B) may result in a boxy or uneven look, while using a razor (C) may create too much texture and thinning shears (D) may remove too much hair. Pulling the hair to its natural fall ensures a seamless and precise blend.

3. What is the correct term for the natural living skin at the base of the nail plate?

- A. Lunula**
- B. Onychophagy**
- C. Perionychium**
- D. Eponychium**

The correct term for the natural living skin at the base of the nail plate is the eponychium. The eponychium is also known as the nail cuticle, which is why it is often referred to as the cuticle. Option A, lunula, refers to the small, pale half-moon shape at the base of the nail. Option B, onychophagy, is the medical term for nail-biting and has no relation to the skin at the base of the nail. Option C, perionychium, refers to the skin surrounding the nail, not the skin at the base of the nail.

4. Which technique involves massaging with a circular motion using the pads of the fingers?

- A. Effleurage**
- B. Petrissage**
- C. Tapotement**
- D. Vibration**

Effleurage is a massage technique that involves gently gliding over the client's skin with the pads of the fingers in a circular motion. This technique is often used at the beginning and end of a massage, as it helps to relax the muscles and prepare the body for deeper work. Petrissage, on the other hand, involves kneading and squeezing the muscles with the fingers and palms, which can be more intense and may not be suitable for all clients. Tapotement is a more vigorous technique which involves tapping or drumming on the client's skin with a cupped hand or a closed fist. Vibration, also known as shaking, involves quickly shaking or trembling the client's muscles to release tension. These techniques may be used in conjunction with effleurage, but do not involve the same circular motion with the pads of the fingers.

5. Items that can be cleaned, disinfected, and used on more than one person even if the item is accidentally exposed to blood or body fluid are referred to as?

- A. Disposable items**
- B. Multiuse items**
- C. Nonporous items**
- D. Single-use items**

The correct answer is multiuse items. These are tools or equipment specifically designed for repeated use and can be cleaned and disinfected thoroughly, ensuring safety and hygiene when used on multiple clients. Even in the event of accidental exposure to blood or body fluids, proper cleaning and disinfection protocols allow these items to be safely reused. Disposable items, in contrast, are meant to be used once and then thrown away, while single-use items are specifically designed for one-time application only. Nonporous items refer to materials that do not absorb liquids or allow bacteria and other pathogens to penetrate, which can be applicable to both single-use and multiuse items, but does not specifically indicate the ability to be reused after disinfection. Therefore, multiuse items is the most accurate term for tools that fit the described scenario.

6. The process of rearranging curly hair into a straighter or smoother form is known as:

- A. Chemical hair relaxing**
- B. Permanent waving**
- C. Thermal straightening**
- D. Hair rebonding**

The process of chemical hair relaxing, also known as chemical straightening, involves applying a chemical solution to the hair that breaks down the bonds and rearranges the shape of the hair to make it straighter. This process is permanent and can last for several months. Option B, permanent waving, is the opposite process of creating curls in straight hair and does not involve straightening. Option C, thermal straightening, uses heat to straighten the hair and is a temporary method. Option D, hair rebonding, is a process similar to hair relaxing but involves using strong chemicals and heat to permanently straighten hair that is extremely curly or frizzy. Therefore, the process of rearranging curly hair into a straighter or smoother form is best described as chemical hair relaxing.

7. What is NOT a permanent hair removal method?

- A. Electrolysis**
- B. Epilators**
- C. Laser hair removal**
- D. Photoepilation**

Epilators are devices used to remove hair from the root, but they do not provide a permanent solution. Instead, they are best described as a temporary hair removal method. Hair that is removed using an epilator typically grows back after a period of time, similar to methods like shaving or waxing. In contrast, electrolysis, laser hair removal, and photoepilation are considered permanent hair removal methods.

Electrolysis destroys the hair follicle through the application of electrical currents, making it a long-term solution. Laser hair removal employs concentrated light beams to target and destroy hair follicles as well, leading to permanent reduction in hair growth. Photoepilation, like laser hair removal, also utilizes light energy to target hair follicles and prevent future growth. These methods alter the hair's ability to regrow permanently, distinguishing them from the temporary nature of epilation.

8. Which nail product is used to improve adhesion of UV and LED gels?

- A. Dehydrator**
- B. Nail primer**
- C. Top coat**
- D. UV gel polish**

The correct answer is nail primer. Nail primer is specifically designed to enhance the adhesion of products applied to the natural nail, including UV and LED gels. By preparing the nail surface, the primer creates a suitable environment for better bonding, which ultimately helps to ensure that the gel products last longer and are less likely to peel or lift. While a dehydrator is important for removing moisture and oils from the nail surface, it does not specifically improve adhesion in the same way that a primer does. Top coat serves as a protective layer over finished nail enhancements but is not meant to enhance the stickiness of the underlying products. UV gel polish is the gel applied over the nail but does not play a role in enhancing adhesion either. Thus, the primary function of nail primer makes it the best choice for this particular question.

9. What type of items can be reused after being disinfected, even after exposure to blood or body fluids?

- A. Metal items**
- B. Multiuse items**
- C. Personal items**
- D. Single-use items**

Items like metal items and single-use items cannot be reused after being disinfected. Metal items may rust or corrode when disinfected, while single-use items are meant for one-time use and may not be able to withstand the disinfection process. Personal items, such as toothbrushes and razors, should also not be reused after exposure to blood or body fluids as they may still harbor contaminated material. Multiuse items, such as surgical instruments and scissors, can be safely disinfected and reused multiple times after exposure to blood or body fluids. These items are specifically designed and labeled for reuse and are made of materials that can withstand the disinfection process. Therefore, the correct answer is B Multiuse items.

10. 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.