

Colorado Cosmetology Written Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What part of the nail is known as the free edge?**
 - A. Part of the nail plate that extends over the tip of the finger or toe**
 - B. The base of the nail under the skin**
 - C. The fold of skin overlapping the sides of the nail**
 - D. The visible portion of the nail**

- 2. Which of the following is a temporary hair removal method?**
 - A. Electrolysis**
 - B. Laser hair removal**
 - C. Shaving**
 - D. Thermolysis**

- 3. Which part of the body does HBV affect?**
 - A. Heart**
 - B. Liver**
 - C. Skin**
 - D. Stomach**

- 4. Which technique is NOT appropriate for a graduated cut?**
 - A. Cutting at zero degree elevation**
 - B. Cutting at forty-five degrees elevation**
 - C. Cutting at sixty degrees elevation**
 - D. Cutting at ninety degrees elevation**

- 5. Alkaline waves are recommended for all of the following except:**
 - A. Damaged hair**
 - B. Fine hair**
 - C. Hair resistant to perming**
 - D. Normal hair**

- 6. When muscles become fatigued during a service, your client will benefit from all of the following EXCEPT:**
- A. Arm massage**
 - B. Hand massage**
 - C. Occipitalis pinch**
 - D. Shoulder massage**
- 7. All of the following have insufficient structure to color EXCEPT?**
- A. Gray hair**
 - B. Green cast**
 - C. Yellow hair**
 - D. White hair**
- 8. Which practice involves removing hair by using a thick sugar-based paste?**
- A. Laser**
 - B. Shaving**
 - C. Sugaring**
 - D. Threading**
- 9. Which type of bond is broken by water and heat?**
- A. Chemical bond**
 - B. Disulfide bond**
 - C. Hydrogen bond**
 - D. Salt bond**
- 10. What type of nail gel requires being soaked off with acetone?**
- A. Hard UV gels**
 - B. Methacrylate gels**
 - C. Polygels**
 - D. Soft UV gels**

Answers

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

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Explanations

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1. What part of the nail is known as the free edge?

- A. Part of the nail plate that extends over the tip of the finger or toe**
- B. The base of the nail under the skin**
- C. The fold of skin overlapping the sides of the nail**
- D. The visible portion of the nail**

The free edge refers to the part of the nail plate that extends beyond the tip of the finger or toe. This is why option B, the base of the nail under the skin, and option C, the fold of skin overlapping the sides of the nail, are incorrect. These options are describing parts of the nail that are not the free edge. Option D, the visible portion of the nail, is also incorrect as it does not specifically mention the part of the nail that extends beyond the tip.

2. Which of the following is a temporary hair removal method?

- A. Electrolysis**
- B. Laser hair removal**
- C. Shaving**
- D. Thermolysis**

Electrolysis is the only temporary hair removal method out of the four options listed. Laser hair removal and thermolysis are both permanent hair removal methods, while shaving only provides temporary results.

3. Which part of the body does HBV affect?

- A. Heart**
- B. Liver**
- C. Skin**
- D. Stomach**

The correct answer is that HBV, or Hepatitis B Virus, specifically affects the liver. Hepatitis B is a viral infection that attacks the liver and can cause both acute and chronic diseases. This virus can lead to liver inflammation, liver cirrhosis, and even liver cancer if left untreated over time. Understanding this is crucial in the field of cosmetology and personal care, as practitioners should be aware of the risks of bloodborne pathogens like HBV, which can be transmitted through exposure to infected bodily fluids. Appropriate safety measures and regulations are essential to minimize the risk of infection in salon settings. The other choices listed do not correlate with the effects of the Hepatitis B Virus. The heart, skin, and stomach are not primary targets of this virus's impact, and recognizing this distinction is important for both health professionals and clients in understanding the implications of such infections.

4. Which technique is NOT appropriate for a graduated cut?

- A. Cutting at zero degree elevation**
- B. Cutting at forty-five degrees elevation**
- C. Cutting at sixty degrees elevation**
- D. Cutting at ninety degrees elevation**

Cutting at zero degree elevation is not appropriate for a graduated cut because it will result in a blunt cut with no layers, which is the opposite of a graduated cut. Graduated cuts require layering and varying degrees of elevation to create a gradual increase or decrease in length. Cutting at forty-five, sixty, or ninety degrees elevation all involve layering and are suitable techniques for achieving a graduated cut.

5. Alkaline waves are recommended for all of the following except:

- A. Damaged hair**
- B. Fine hair**
- C. Hair resistant to perming**
- D. Normal hair**

Alkaline waves are known for their ability to create strong, lasting curls and are formulated with a higher pH level, which allows for the penetration of the cuticle layer of the hair. This makes them ideal for certain hair types, particularly those that are resistant to perming and normal hair, as these types can handle the stronger solution and achieve desired curl results. When it comes to damaged hair, alkaline waves may not be the best choice because the harsh chemicals can further compromise the structural integrity of already weakened strands. The correct answer highlights that fine hair typically requires gentler handling due to its delicate nature. Fine hair can be more susceptible to damage from the strong formulation of alkaline waves, thus it is generally advised to use softer, acid-balanced perms or methods that provide more controlled and less damaging results.

6. When muscles become fatigued during a service, your client will benefit from all of the following EXCEPT:

- A. Arm massage**
- B. Hand massage**
- C. Occipitalis pinch**
- D. Shoulder massage**

Muscle fatigue can be caused by overuse or strenuous activity, causing discomfort and soreness. In this case, the client would benefit from a variety of massage techniques that help alleviate muscle tension and promote relaxation. While all of the options listed can help with this, the arm massage is not as effective since it focuses on the upper arms and not the specific muscles that may be fatigued. Therefore, clients would benefit more from options B, C, and D, which target specific areas that may be causing discomfort and fatigue.

7. All of the following have insufficient structure to color EXCEPT?

- A. Gray hair**
- B. Green cast**
- C. Yellow hair**
- D. White hair**

All of the other options are incorrect because they all mention a color or color cast associated with hair except for gray hair. Gray hair does not typically describe the color of the hair but rather the absence of color. Therefore, it does not have a "color structure" to color.

8. Which practice involves removing hair by using a thick sugar-based paste?

- A. Laser**
- B. Shaving**
- C. Sugaring**
- D. Threading**

The practice that involves removing hair with a thick sugar-based paste is indeed sugaring. This method is known for its natural ingredients, typically comprising sugar, water, and lemon juice, which when combined create a paste used to remove unwanted hair. Sugaring is appreciated for being a gentle option, as it adheres only to the hair and not the skin, potentially causing less irritation compared to other hair removal techniques. Laser hair removal relies on focused light beams to destroy hair follicles, which is quite different from the physical method of sugaring. Shaving involves cutting hair at the skin's surface with a razor, instead of removing it from the root, which is the goal of sugaring. Threading utilizes a twisted thread to trap and pull the hair from the follicle, which is a different technique altogether. Sugaring stands out for its use of a sugar paste and its unique application method, making it the correct choice for this question.

9. Which type of bond is broken by water and heat?

- A. Chemical bond**
- B. Disulfide bond**
- C. Hydrogen bond**
- D. Salt bond**

Water and heat can break many types of bonds, including chemical bonds, disulfide bonds, and salt bonds. However, the bond most commonly broken by water and heat is the hydrogen bond. This is because water is a polar molecule, meaning it has positive and negative regions. When heated, the molecules within water start moving around more, and when in contact with another molecule such as DNA or protein, the positive and negative regions of water can interact with the charged or polar regions of the molecule, weakening or breaking the hydrogen bonds between them. The other options, chemical, disulfide, and salt bonds, are all stronger types of bonds that require more energy to break and are not easily broken by water and heat. Therefore, they are not the correct answer to this question.

10. What type of nail gel requires being soaked off with acetone?

A. Hard UV gels

B. Methacrylate gels

C. Polygels

D. Soft UV gels

Acetone is a common solvent used in gel nail removal, as it breaks down the structure of the gel. Hard UV gels, also known as traditional UV gels, require being soaked off with acetone because they are cured by UV light and hardened to create a strong and durable nail enhancement. Methacrylate gels also require acetone for removal, but they are less common and may not be suitable for all clients. Polygels, on the other hand, do not require being soaked off with acetone as they can be removed by filing or buffing. Soft UV gels, also known as soak-off gels, are specifically designed to be removed without acetone, making option D incorrect.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://coloradocosmetology.examzify.com>

We wish you the very best on your exam journey. You've got this!

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