

# Hair and Scalp Care Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. Which product is used to remove oil accumulation from the scalp?**
  - A. Hair oil**
  - B. Scalp moisturizer**
  - C. Anti-dandruff shampoo**
  - D. Scalp astringent lotion**
  
- 2. The lower part of the hair root is the club-shaped**
  - A. Hair Bulb**
  - B. Arrector Pili**
  - C. Hair Root**
  - D. Medulla**
  
- 3. In the shampoo procedure, which step immediately follows manipulating the scalp?**
  - A. Rinsing the hair**
  - B. Drying the hair**
  - C. Conditioning**
  - D. Applying shampoo**
  
- 4. Which of the following is one of the elements that make up human hair?**
  - A. Calcium**
  - B. Iron**
  - C. Sodium**
  - D. Sulfur**
  
- 5. When is it not recommended to use concentrated protein treatment?**
  - A. Before washing hair**
  - B. During a conditioning session**
  - C. Immediately after a chemical treatment**
  - D. Before a color service**

- 6. Which term describes hair loss due to hormonal activity that reduces terminal hairs to vellus hairs?**
- A. Alopecia areata**
  - B. Telogen effluvium**
  - C. Traction alopecia**
  - D. Androgenic alopecia**
- 7. Do not brush the hair before giving a ?**
- A. Chemical service**
  - B. Shampoo**
  - C. Color retouch**
  - D. Relaxer service**
- 8. In which hair layer do changes occur during permanent waving, chemical relaxing, and oxidation hair coloring?**
- A. Cuticle**
  - B. Cortex**
  - C. Medulla**
  - D. Hair shaft**
- 9. The hair root is made up of three main structures, the follicle, bulb, and**
- A. Arrector Pili**
  - B. Sebaceous Gland**
  - C. Dermal Papilla**
  - D. Hair Shaft**
- 10. A dry scalp may be helped by which product?**
- A. Hair spray**
  - B. Leave-in gel**
  - C. Scalp conditioner**
  - D. Clarifying shampoo**

## Answers

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

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## **Explanations**

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**1. Which product is used to remove oil accumulation from the scalp?**

- A. Hair oil
- B. Scalp moisturizer**
- C. Anti-dandruff shampoo
- D. Scalp astringent lotion

Removing oil accumulation on the scalp comes from products that actively cut through and remove excess sebum. A scalp astringent lotion fits this use because it contains drying, oil-dissolving agents that lift away surface oil and help tighten the scalp, making it effective for reducing buildup on an oily scalp. In contrast, hair oil adds more oil to the scalp, a scalp moisturizer adds moisture that can leave the scalp greasier, and anti-dandruff shampoo targets flakes and fungal issues rather than directly removing oil buildup. Use of an astringent lotion should be moderate, since it can be drying if overused.

**2. The lower part of the hair root is the club-shaped**

- A. Hair Bulb**
- B. Arrector Pili
- C. Hair Root
- D. Medulla

The lower part of the hair root is club-shaped because that portion is the hair bulb, the rounded enlargement at the base of the follicle where hair growth occurs. The hair bulb houses the hair matrix, where living cells divide to form new hair, and it connects to the dermal papilla that provides nutrients and signals for growth. This bulb-like structure gives the lower end of the root its characteristic club shape. The other structures are not the club-shaped part: the arrector pili is a tiny muscle attached to the follicle that makes hair stand on end, not part of the growth zone; the medulla is the innermost layer of the hair shaft, located inside the hair rather than at the base; and the hair root refers to the portion below the skin, which includes the bulb but isn't specifically defined by that club-shaped enlargement.

**3. In the shampoo procedure, which step immediately follows manipulating the scalp?**

- A. Rinsing the hair
- B. Drying the hair
- C. Conditioning
- D. Applying shampoo**

In a shampoo procedure, scalp manipulation is the act of using the fingertips to distribute the cleanser and loosen buildup through gentle massage. This distribution relies on having the shampoo already on the scalp, so the next action is to apply shampoo to continue cleansing and to build a thorough lather. After that, you would rinse and then condition or dry as the sequence requires. The other steps come later in the process, after cleansing is underway.

**4. Which of the following is one of the elements that make up human hair?**

- A. Calcium**
- B. Iron**
- C. Sodium**
- D. Sulfur**

Hair is built mostly from keratin, a protein rich in sulfur-containing amino acids. The sulfur in these amino acids, especially cysteine, forms disulfide bonds that cross-link the keratin fibers, giving hair its strength and structure. Among the given options, sulfur is the element that is truly part of the hair's fundamental makeup because of these sulfur-containing bonds. The other minerals—calcium, iron, and sodium—can appear in trace amounts in hair, but they are not the primary structural elements of the hair fiber.

**5. When is it not recommended to use concentrated protein treatment?**

- A. Before washing hair**
- B. During a conditioning session**
- C. Immediately after a chemical treatment**
- D. Before a color service**

After chemical processing, hair is more porous and its cuticle is often lifted or damaged, so the strand is in a fragile, rebalancing state. Applying a concentrated protein treatment right away can overwhelm the hair with protein, making it stiff and less pliable rather than flexible enough to recover. This is because the hair's moisture pathways are disrupted and trying to pull in a heavy protein load at that moment can prevent proper moisture uptake, leading to protein overload, stiffness, and potential further breakage. The safer approach is to first support moisture and cuticle sealing with a hydrating conditioner or a lighter conditioner/post-chemical treatment, then assess how the hair responds. If protein is needed, opt for a milder, balanced option and space it out rather than applying a concentrated dose immediately after the chemical service. This helps restore the protein-moisture balance without risking stiffness or damage.

**6. Which term describes hair loss due to hormonal activity that reduces terminal hairs to vellus hairs?**

- A. Alopecia areata**
- B. Telogen effluvium**
- C. Traction alopecia**
- D. Androgenic alopecia**

Androgenic alopecia is the hormonal form of hair loss where follicles gradually miniaturize under the influence of androgens like DHT. This miniaturization makes hairs thinner, shorter, and lighter, so terminal hairs convert into vellus-like hairs. It's a progressive pattern that affects mainly the crown and temples in men and can cause diffuse thinning in women. Other conditions involve different mechanisms—alopecia areata is autoimmune and presents as patchy loss, telogen effluvium is diffuse shedding from a stress or shock to the system, and traction alopecia results from mechanical pulling. The hallmark here is hormone-driven follicle miniaturization leading to a shift from thick terminal hairs to fine vellus hairs.

**7. Do not brush the hair before giving a ?**

- A. Chemical service**
- B. Shampoo**
- C. Color retouch**
- D. Relaxer service**

Preparing hair for chemical services means minimizing mechanical stress to protect the strands during processing. Brushing dry hair before applying chemicals can create extra friction, snag tangles, and cause breakage or uneven chemical penetration. The safest approach is to detangle gently with a wide-tooth comb or finger-comb while the hair is damp or after washing, then proceed with the chemical service. That's why avoiding brushing before a chemical service is the best practice.

**8. In which hair layer do changes occur during permanent waving, chemical relaxing, and oxidation hair coloring?**

- A. Cuticle**
- B. Cortex**
- C. Medulla**
- D. Hair shaft**

Changes from permanent waving, chemical relaxing, and oxidation hair coloring mainly occur in the cortex—the part of the hair that contains the bulk of keratin fibers and the structures that determine shape and color. In these processes, bonds within the cortex are altered. For waving and relaxing, reducing agents break the disulfide bonds between keratin molecules in the cortex and then allow those bonds to reform in a new arrangement when a neutralizer is applied, reshaping the hair. For oxidation hair coloring, oxidizing agents react within the cortex to form new color-bearing structures and to modify melanin, which sits in the cortex as the natural pigment. The outer cuticle layer controls how easily chemicals reach the cortex but is not where the structural changes that create curl or color occur. The medulla is a central core present in some hairs but is not the site of these chemical transformations, and the hair shaft is the whole strand, not a specific layer.

**9. The hair root is made up of three main structures, the follicle, bulb, and**

- A. Arrector Pili**
- B. Sebaceous Gland**
- C. Dermal Papilla**
- D. Hair Shaft**

The hair root includes the follicle, bulb, and dermal papilla. The dermal papilla sits at the base of the hair follicle and contains the blood vessels and nerves that nourish the hair matrix in the bulb, providing the nutrients and signals needed for hair growth and cycling. Without this vascular connective tissue, the hair cannot grow properly. The arrector pili is a small muscle attached to the follicle that causes goosebumps, not a core structural part of the root. The sebaceous gland associates with the follicle and secretes oil, but it isn't one of the main root structures. The hair shaft is the portion that extends above the skin surface, not part of the root itself.

**10. A dry scalp may be helped by which product?**

- A. Hair spray**
- B. Leave-in gel**
- C. Scalp conditioner**
- D. Clarifying shampoo**

When the scalp is dry, the goal is to restore moisture and protect the skin's barrier. A scalp conditioner delivers hydrating ingredients that moisturize the skin, soothe irritation, and help seal in moisture, making it the most direct and effective option for dry scalp. Hair spray and leave-in gel are mainly styling products and can leave residue or irritants on the scalp, which may not address the dryness and can even contribute to buildup. Clarifying shampoo cleans buildup and excess oils, but it can strip natural oils from the scalp, potentially worsening dryness if used too often. So the scalp conditioner best meets the need by supplying lasting moisture directly to the scalp.

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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](mailto:hello@examzify.com).**

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

**<https://hairsscalpcare.examzify.com>**

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

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