

HAIR AND SCALP CARE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. The bonds that cross-link polypeptide chains include**
 - A. Hydrogen bonds
 - B. Salt bonds
 - C. Disulfide bonds
 - D. All of the above
- 2. Which product is most likely to help a dry scalp?**
 - A. Scalp conditioner
 - B. Volumizing spray
 - C. Leave-in gel
 - D. Clarifying shampoo
- 3. Placing the client under a heated dryer may be necessary for which treatment?**
 - A. To dry the hair quickly after a haircut
 - B. To test the humidity level
 - C. For a deep conditioning treatment
 - D. To set a temporary hair color
- 4. A dry scalp may be helped by which product?**
 - A. Hair spray
 - B. Leave-in gel
 - C. Scalp conditioner
 - D. Clarifying shampoo
- 5. Which type of shampoo is used to cut through product buildup?**
 - A. Dry
 - B. Conditioning
 - C. Clarifying
 - D. Medicated

- 6. The anagen phase is the growth phase of the hair cycle. Which option correctly names this phase as the growth phase?**
- A. Resting phase
 - B. Growth phase
 - C. Transitional phase
 - D. Shedding phase
- 7. The ratio of eumelanin to pheomelanin determines**
- A. Natural hair color
 - B. Hair shine
 - C. Porosity
 - D. Density
- 8. When manipulating the scalp during a shampoo, under which condition is firm pressure appropriate?**
- A. The client has sensitive scalp
 - B. The client is in a hurry
 - C. The client has healthy hair and scalp
 - D. The client requests a gentle touch
- 9. Name the three layers of the hair shaft.**
- A. Epidermis, Dermis, Hypodermis
 - B. Hair Shaft, Cortex, Cuticle
 - C. Cuticle, Cortex, Medulla
 - D. Medulla, Cortex, Cuticle
- 10. Androgenic alopecia in women is described as**
- A. Crown thinning in men
 - B. General thinning of crown hair
 - C. Isolated bald patches
 - D. Total hair loss

Answers

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

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Explanations

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1. The bonds that cross-link polypeptide chains include

- A. Hydrogen bonds
- B. Salt bonds
- C. Disulfide bonds
- D. All of the above**

Proteins are stabilized by diverse bonds that connect parts of the polypeptide chains. Hydrogen bonds form between polar groups, such as the backbone carbonyl and amide groups, and help hold secondary structures like alpha helices and beta sheets in place and can also link distant regions of a folded protein. Salt bridges are ionic interactions between oppositely charged side chains (for example, lysine or arginine with aspartate or glutamate). These ionic contacts can tie different regions together, contributing to the stability of tertiary and sometimes quaternary structure. Disulfide bonds are covalent links formed between cysteine residues; they can connect separate polypeptide chains or link distant parts of the same chain, providing strong cross-links that help lock in a protein's final shape. Because each of these types of bonds can cross-link polypeptide chains in different contexts, all of them can contribute to cross-linking, making the broad answer the best choice.

2. Which product is most likely to help a dry scalp?

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

When a dry scalp is the concern, the goal is to restore moisture and calm irritated skin. A scalp conditioner directly delivers hydrating ingredients and emollients to the scalp, helping to soften dry skin, reduce flakiness, and lock in moisture. That targeted hydration makes it the best fit for dry scalp. Volumizing spray mainly changes hair texture and volume; it doesn't address moisture and can even include ingredients that dry the scalp. A leave-in gel is typically for styling and may contain alcohol or film-formers that don't hydrate the scalp. A clarifying shampoo cleans buildup but can strip natural oils and worsen dryness if used too often.

3. Placing the client under a heated dryer may be necessary for which treatment?

- A. To dry the hair quickly after a haircut
- B. To test the humidity level
- C. For a deep conditioning treatment**
- D. To set a temporary hair color

Placing a client under a heated dryer is most effective for a deep conditioning treatment because the heat opens the hair cuticle and helps the conditioning agents penetrate and lock in moisture. This warmth accelerates the conditioner's absorption, which improves softness, elasticity, and manageability compared with applying conditioner without heat. While a dryer can dry hair after a haircut or be used in other contexts, those tasks don't rely on heat to activate conditioning ingredients. Humidity testing and color setting involve different steps and tools, so they're not the best match for this purpose.

4. 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.

5. Which type of shampoo is used to cut through product buildup?

- A. Dry
- B. Conditioning
- C. Clarifying**
- D. Medicated

Clarifying shampoos are designed to give a deep clean by removing buildup from styling products, minerals from hard water, and residue from silicones or other residues on the hair shaft. They use stronger cleansing agents and often chelating components to break down and lift these deposits, helping restore shine, volume, and manageability. Because of their potency, they're typically used only periodically—about once a week or every few washes—so they don't strip natural oils. Dry shampoo refreshes between washes by absorbing oil, but it isn't formulated to remove product residue. Conditioning shampoo adds moisture and softness, not a heavy-duty cleanse for buildup. Medicated shampoos address scalp conditions with active ingredients and are used according to medical guidance, not primarily to remove general product buildup.

6. The anagen phase is the growth phase of the hair cycle. Which option correctly names this phase as the growth phase?

- A. Resting phase
- B. Growth phase**
- C. Transitional phase
- D. Shedding phase

During the hair cycle, the phase where the follicle is actively producing hair is the growth phase. In this stage, the hair matrix cells divide vigorously, pushing the hair shaft upward and lengthening the strand. The duration of this phase varies and largely determines how long hair can grow. The other phases describe different states: a resting phase where growth stops and the hair rests before shedding, a transitional phase where the follicle shortens in preparation to shed, and shedding occurs as the hair exits the cycle. Naming the growth phase correctly captures the period of active hair production, which is exactly what the anagen phase represents.

7. The ratio of eumelanin to pheomelanin determines

A. Natural hair color

B. Hair shine

C. Porosity

D. Density

The pigments in hair come from two main forms: eumelanin and pheomelanin. Eumelanin is responsible for brown to black tones, while pheomelanin adds yellow to red tones. The visible color of your hair is shaped by how much of each pigment is produced and how they balance each other. When eumelanin dominates, hair appears dark brown to black. When pheomelanin is relatively higher or eumelanin is low, you get lighter colors with red or coppery hues, such as red, coppery shades, or blonde tones with subtle warmth. So the ratio of these two pigments effectively sets the natural hair color you see. Factors like hair shine, porosity, and density involve other aspects of hair structure and health. Shine comes from how smooth the cuticle is and how light reflects off it; porosity depends on cuticle integrity and openings that absorb moisture; density relates to the number of hair fibers per square inch, not the pigment mix.

8. When manipulating the scalp during a shampoo, under which condition is firm pressure appropriate?

A. The client has sensitive scalp

B. The client is in a hurry

C. The client has healthy hair and scalp

D. The client requests a gentle touch

Matching the amount of pressure to the scalp's condition is essential during a shampoo. Firm pressure is appropriate when the scalp and hair are healthy because it helps stimulate circulation and thoroughly cleanse without provoking irritation or discomfort. In a healthy scalp, the tissues can tolerate stronger stimulation, which can aid in dislodging buildup and promoting a refreshed feel. If the client has a sensitive scalp, only light pressure should be used to avoid pain or damage. Personal preference matters too—if a client requests a gentler touch, honor that. Pressure should not be dictated by speed or urgency; the safe, effective approach is to adjust pressure based on scalp condition, with healthy scalp allowing firmer pressure.

9. Name the three layers of the hair shaft.

A. Epidermis, Dermis, Hypodermis

B. Hair Shaft, Cortex, Cuticle

C. Cuticle, Cortex, Medulla

D. Medulla, Cortex, Cuticle

The three layers of the hair shaft, from outermost to innermost, are cuticle, cortex, and medulla. The cuticle is a protective outer layer made of flattened, scale-like cells that shield the inner layers. Beneath it lies the cortex, the thick middle layer where most of the hair's strength, flexibility, and color come from its keratin and pigment. The innermost layer is the medulla, a core that is present in many, but not all, hairs and can be absent in finer hair. This is why the option listing Cuticle, Cortex, Medulla is correct: it names all three layers in the proper order. The other choices mix in skin layers or list an incorrect order or include elements that aren't layers of the hair shaft.

10. Androgenic alopecia in women is described as

- A. Crown thinning in men
- B. General thinning of crown hair**
- C. Isolated bald patches
- D. Total hair loss

In women, androgenic alopecia typically shows diffuse thinning of hair across the crown while the frontal hairline is usually preserved in early stages. This pattern reflects how androgens and genetics cause miniaturization of hair follicles, leading to a gradual, overall thinning rather than distinct patches or complete loss. That's why the description of general thinning of crown hair fits best. It's different from men's pattern, which often includes more noticeable frontal recession; it's different from isolated bald patches seen in alopecia areata; and it's not the same as total hair loss seen in alopecia totalis or universalis.

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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://hairscalpcare.examzify.com>

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

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