

Junior Level Hair Design Practice Exam (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 category increases vibrancy of the color formula or neutralizes unwanted tones?**
 - A. Intensifiers**
 - B. Concentrates**
 - C. Drabbers**
 - D. Neutralizers**

- 2. What is the technical term for knotted hair?**
 - A. Trichorehexis Nodosa**
 - B. Trichorhexis Nodosa**
 - C. Trichorrehexis Nodosa**
 - D. Trichoptilosis**

- 3. Why does the FDA accept temporary colors as certified colors (which do not require a patch test)?**
 - A. They require patch test.**
 - B. They are always safe.**
 - C. They add pigment without chemically altering the structure of the hair.**
 - D. They change the natural hair pigment permanently.**

- 4. Hair that absorbs the least moisture due to closed cuticle layers is described as which porosity category?**
 - A. High porosity**
 - B. Medium porosity**
 - C. Resistant / Poor porosity**
 - D. Super porosity**

- 5. What is the proper sequence for performing a basic shampoo and conditioning service?**
 - A. Wet hair, apply conditioner, rinse, shampoo, rinse, towel dry**
 - B. Wet hair, apply shampoo with scalp massage, rinse, rinse, towel dry**
 - C. Wet hair thoroughly, apply shampoo with scalp massage, rinse, apply conditioner, comb through, rinse, towel dry**
 - D. Wet hair with shampoo, apply conditioner, rinse, towel dry**

- 6. In lighter hair, melanin is located primarily where?**
- A. In the cuticle**
 - B. In the cortex only**
 - C. In the medulla**
 - D. Evenly distributed in all layers**
- 7. What is the difference between volume pincurls and indentation pincurls?**
- A. Volume: creates fullness and height. Indentation: creates hollow space & curl.**
 - B. Volume: creates hollow space; Indentation: creates fullness.**
 - C. Volume: reduces curl; Indentation: increases shine.**
 - D. Volume: no effect; Indentation: increases length.**
- 8. What is the risk of overlapping color on previously lightened hair?**
- A. Fades evenly with no issues.**
 - B. Improves color uniformity with no risk.**
 - C. Overprocessing, damage, and uneven color results.**
 - D. No effect on hair health.**
- 9. After the neutralization step, what is restored in the hair?**
- A. Disulfide bonds are rebuilt to set the curl pattern and restore strength.**
 - B. The cuticle is removed.**
 - C. Hair is dyed.**
 - D. Water is added to hair.**
- 10. What is porosity in hair, and why does it matter for chemical services?**
- A. Porosity describes how easily hair absorbs and releases moisture; it affects processing time and product choice.**
 - B. Porosity is the surface smoothness of cuticle.**
 - C. Porosity measures hair length.**
 - D. Porosity is the hair's thickness; it affects color deposit.**

Answers

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

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Explanations

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1. Which product category increases vibrancy of the color formula or neutralizes unwanted tones?

- A. Intensifiers
- B. Concentrates**
- C. Drabbers
- D. Neutralizers

Concentrates are used to adjust the strength and tone of the color mix. By adding more concentrate, you deposit more pigment, which boosts vibrancy and depth of the final shade. They also let you fine-tune undertones by choosing concentrates with different pigment balances, helping to neutralize unwanted tones as needed. The other options have more specific roles: intensifiers mainly deepen the shade, drabbers dull or mute color, and neutralizers are designed to cancel specific undertones rather than increase overall vibrancy.

2. What is the technical term for knotted hair?

- A. Trichorehexis Nodosa
- B. Trichorhexis Nodosa
- C. Trichorrehexis Nodosa**
- D. Trichoptilosis

Knotted hair is a hair shaft disorder where the fiber develops nodular thickenings and tends to break at those points. The term that names this exactly is trichorrehexis nodosa. Here, tricho- means hair, rhexis denotes rupture or fracture, and nodosa indicates the nodular deformities along the shaft. This combination specifically describes the structural weakness and knot-like nodes along the hair, which is why it's the best fit for knotted hair. The other spellings are variants or refer to a different issue: trichoptilosis means split ends, which are surface damage rather than the internal rupture with nodules.

3. Why does the FDA accept temporary colors as certified colors (which do not require a patch test)?

- A. They require patch test.
- B. They are always safe.
- C. They add pigment without chemically altering the structure of the hair.**
- D. They change the natural hair pigment permanently.

Temporary colors work by depositing pigment on the hair's surface without penetrating or chemically changing the hair shaft. Because they sit on the cuticle and don't react with hair proteins or melanin, they don't create lasting chemical alterations and aren't considered to require a patch test for sensitization. This superficial, non-permanent deposition is why the FDA accepts them as certified colors without patch testing. The other statements don't fit: patch tests aren't mandatory for every color; no color is universally safe; and temporary colors do not permanently change natural pigment.

4. Hair that absorbs the least moisture due to closed cuticle layers is described as which porosity category?

- A. High porosity**
- B. Medium porosity**
- C. Resistant / Poor porosity**
- D. Super porosity**

Porosity reflects how open or closed the cuticle scales are and how easily moisture can penetrate the hair. When the cuticle layers are tightly closed, moisture has a hard time getting in, so the hair absorbs less overall. That situation is described as resistant or poor porosity (low porosity), where the barrier is tight and moisture uptake is limited. In contrast, high porosity has raised, damaged cuticles that absorb moisture quickly but also lose it quickly; medium porosity is a balanced, moderate absorption. The term super porosity isn't a standard description for this scenario and would not fit the idea of a very tight, moisture-resistant cuticle.

5. What is the proper sequence for performing a basic shampoo and conditioning service?

- A. Wet hair, apply conditioner, rinse, shampoo, rinse, towel dry**
- B. Wet hair, apply shampoo with scalp massage, rinse, rinse, towel dry**
- C. Wet hair thoroughly, apply shampoo with scalp massage, rinse, apply conditioner, comb through, rinse, towel dry**
- D. Wet hair with shampoo, apply conditioner, rinse, towel dry**

The sequence for a basic shampoo and conditioning service focuses on cleaning the scalp and hair first, then restoring moisture, and finally preparing the hair for styling. Start by wetting the hair thoroughly. This ensures the whole head is evenly saturated, helps the shampoo to lather, and opens the cuticles so cleansing is effective from the scalp to the ends. Next, apply shampoo and use a scalp massage. Shampoo cleanses the scalp and hair; the massage stimulates the scalp and helps distribute the shampoo evenly, lifting away oils and debris. Rinse well to remove all shampoo and loosened residue. After cleansing, apply conditioner. Conditioning after washing replenishes moisture and smooths the hair, especially the ends, making it easier to manage. Comb through to distribute the conditioner evenly from roots to ends and to detangle. Then rinse again to remove any excess conditioner, preventing buildup while leaving the hair soft and manageable. Finish by towel drying to remove excess moisture and prepare the hair for styling. This sequence keeps the scalp clean, hair moisturized, and ends protected, while also reducing tangling and ensuring an even distribution of products.

6. In lighter hair, melanin is located primarily where?

- A. In the cuticle
- B. In the cortex only**
- C. In the medulla
- D. Evenly distributed in all layers

Melanin is produced by pigment cells in the hair bulb and then becomes part of the keratinocytes in the hair shaft, giving hair its color. The cortex is the thick middle layer where most of the pigment resides, so in lighter hair the pigment remains concentrated there. The outer cuticle is just the protective outer layer and doesn't contain pigment. The medulla, when present, is the central core and often has little or no pigment, especially in lighter hair. Because there's less melanin overall, it isn't evenly distributed across all layers; it's mainly in the cortex, which is why lighter hair looks lighter.

7. What is the difference between volume pincurls and indentation pincurls?

- A. Volume: creates fullness and height. Indentation: creates hollow space & curl.**
- B. Volume: creates hollow space; Indentation: creates fullness.
- C. Volume: reduces curl; Indentation: increases shine.
- D. Volume: no effect; Indentation: increases length.

Volume pincurls are built to lift the hair away from the scalp, giving fullness and height in the finished style. The curl sits with added body at the root, which creates that buoyant look. Indentation pincurls, by contrast, are formed by pressing the base toward the scalp to create a hollow, concave space at the base. This indentation shapes the curl to sit closer to the head with a defined hollow at the base, producing a different texture. So the key difference is where the curl is created: volume pincurls emphasize lift and fullness, while indentation pincurls create a hollow base and a defined curl. The other descriptions don't match how these techniques actually influence the shape and texture of the set.

8. What is the risk of overlapping color on previously lightened hair?

- A. Fades evenly with no issues.
- B. Improves color uniformity with no risk.
- C. Overprocessing, damage, and uneven color results.**
- D. No effect on hair health.

Overlapping color on hair that's already been lightened carries a high risk of overprocessing. Bleaching opens the cuticle and removes pigment, leaving the cortex damaged and highly porous. When another chemical color is applied to those lightened sections, the hair is more prone to further chemical reactions, which can lift pigment more than intended and deposit too much color. The result is damaged, dry or weakened hair and color that looks uneven or blotchy because different areas absorb pigment differently through the porous, compromised cuticle. To avoid this, color only on regrowth, use glaze or toner for lightened hair, and choose deposit-only formulas with lower developer strength, along with strand testing.

9. After the neutralization step, what is restored in the hair?

- A. Disulfide bonds are rebuilt to set the curl pattern and restore strength.**
- B. The cuticle is removed.**
- C. Hair is dyed.**
- D. Water is added to hair.**

Neutralization re-forms the disulfide bonds that were broken earlier, locking in the new curl and restoring the hair's strength. When the reducing agent breaks those bonds, the hair can be reshaped; the neutralizer then oxidizes the thiols back into disulfide bonds, re-establishing the covalent network that holds the curl pattern in place. The cuticle isn't removed during this step, and coloring isn't happening here; the emphasis is on rebuilding the bond structure that gives hair its shape and strength. Water itself isn't the restoration focus, though rinsing is part of the process.

10. What is porosity in hair, and why does it matter for chemical services?

- A. Porosity describes how easily hair absorbs and releases moisture; it affects processing time and product choice.**
- B. Porosity is the surface smoothness of cuticle.**
- C. Porosity measures hair length.**
- D. Porosity is the hair's thickness; it affects color deposit.**

Porosity describes how easily hair absorbs and releases moisture. This matters for chemical services because the speed at which chemicals penetrate the hair shaft, and how much moisture the hair holds or loses during processing, depends on porosity. Hair with high porosity has more open cuticles, so products and moisture move in and out quickly. That means processing times can be shorter and you often use milder formulas or lower developers to avoid overprocessing and dryness, though it may require more conditioning since moisture can escape readily. Hair with low porosity has tightly closed cuticles, making penetration slower, so you may need longer processing times or heat and sometimes stronger solutions to achieve the desired result. Understanding porosity helps you tailor timing and product choice for even results and healthier outcomes during chemical services.

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://juniorlvlhairdesign.examzify.com>

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

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