Milady Cosmetology Practice Exam (Sample)

Study Guide

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Questions

1. What type of hydrators are thick in texture and help bind water to the skin?

A. Moisturizers

B. Gommages

C. Hydrators for oily skin

D. Hydrators for dehydrated skin

2. Chains formed by peptide bonds linked together are known as:

A. Hydrogen Bonds

B. Disulfide Bonds

C. Polypeptide Bonds

D. Protein Chains

3. Water composes what percentage of the body's weight?

A. 40 to 50%

B. 50 to 60%

C. 50 to 70%

D. 60 to 70%

4. Arc pin curls are also commonly referred to as what?

A. C-Shaped Based Curls

B. Spiral Curls

C. Flat Curls

D. Twisted Curls

5. What is a common effect of using too much heat on hair?

A. Increased elasticity

B. Reduced shine

C. Strengthened strands

D. Improved texture

6. What is the primary use of flat irons with smooth edges?

A. Creating Waves

B. Adding Volume

C. Straightening Curly Hair

D. Texturizing Hair

7. What type of bond is easily broken by water and heat?

- **A. Disulfide Bond**
- **B. Salt Bond**
- **C. Hydrogen Bond**
- **D. Peptide Bond**

8. What causes oily hair and scalp?

- **A. Improper washing or dry scalp**
- **B. Overactive Sebaceous Glands**
- **C. Underactive Sebaceous Glands**
- **D. Hair product buildup**

9. What are the three types of hair texture?

- **A. Fine, medium, and coarse**
- **B. Straight, wavy, and curly**
- **C. Thick, thin, and average**
- **D. Frizzy, sleek, and dull**

10. What structure in hair gives it strength and elasticity?

- **A. Cuticle**
- **B. Cortex**
- **C. Medulla**
- **D. Follicle**

Answers

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

Explanations

1. What type of hydrators are thick in texture and help bind water to the skin?

A. Moisturizers

B. Gommages

C. Hydrators for oily skin

D. Hydrators for dehydrated skin

The correct answer points to hydrators specifically formulated for dehydrated skin, which are often thicker in texture and essential for binding moisture to the skin. These hydrators contain ingredients that create a barrier to prevent water loss and enhance skin's hydration levels. Dehydrated skin often lacks water rather than oil, so products designed for this skin type focus on replenishing moisture. Thick hydrators are typically rich in emollients and occlusive agents that not only attract water into the skin but also help preserve it, making them ideal for individuals seeking relief from dullness or dryness due to inadequate hydration. This approach is different from products meant for oily skin, which typically have a lighter texture to prevent clogging pores. Moisturizers, while they can also bind water to the skin, are a broader category that includes a range of formulations for various skin types and may not specifically be thick or targeted solely at dehydrated skin. Gommages, on the other hand, are exfoliating products that do not primarily focus on hydration but rather on the removal of dead skin cells. Therefore, the distinction lies in the targeted formulation and role of these products in skincare.

2. Chains formed by peptide bonds linked together are known as:

A. Hydrogen Bonds

B. Disulfide Bonds

C. Polypeptide Bonds

D. Protein Chains

Chains formed by peptide bonds linked together are known as polypeptide bonds. This terminology is used because a peptide bond itself is the specific bond that forms between the amino group of one amino acid and the carboxyl group of another, creating a chain. When multiple amino acids are linked together through these peptide bonds, they form a polypeptide, which can further fold and form a functional protein. Polypeptides can consist of just a few amino acids or extend to several thousand, resulting in varying levels of complexity and function. The term "protein chains" sometimes refers to polypeptides as well, but it doesn't specifically indicate the type of bond that links the amino acids. Other bonds such as hydrogen and disulfide bonds are important for the structure and stability of proteins, but they do not form from the linkage of amino acids; instead, they influence the three-dimensional shape of the polypeptide once it is formed. Thus, the emphasis on peptide bonds defining polypeptide chains reinforces the understanding of how these structures are built from amino acids.

3. Water composes what percentage of the body’s weight?

A. 40 to 50%

B. 50 to 60%

C. 50 to 70%

D. 60 to 70%

Water makes up about 50 to 70% of the human body's weight, with estimates typically hovering around 60% for an adult. This significant proportion is due to water's critical role in various physiological functions, including regulating body temperature, transporting nutrients, and facilitating cellular processes. It is essential for maintaining homeostasis and overall health. While other ranges might seem plausible, they generally represent less accurate estimates in comparison to the established understanding of hydration levels in the body. For example, options that propose percentages below this range don't reflect the substantial role that water plays in human physiology. Understanding these percentages is crucial for those in the cosmetology field, as hydration is vital for skin health and overall appearance.

4. Arc pin curls are also commonly referred to as what?

A. C-Shaped Based Curls

B. Spiral Curls

C. Flat Curls

D. Twisted Curls

Arc pin curls are commonly known as C-shaped based curls due to their distinctive shape and formation. When creating these curls, the hair is wrapped around the finger or a tool, forming a smooth “C” shape that allows for a more natural wave pattern when fallen. This curling technique provides volume and a soft wave appearance, making it a popular choice among hairstylists for creating elegant hairstyles. The terminology reflects the visual aspect of the curl; since the movement resembles the letter "C," it accurately describes the base structure of this type of curl. This definition also aligns with common practices in the field of cosmetology, ensuring that students and professionals can communicate effectively about various styling techniques. Other terms, such as spiral curls, flat curls, and twisted curls, refer to different curling methods that do not yield the same shape or effect as arc pin curls, further solidifying why C-shaped based curls is the most appropriate term in this context.

5. What is a common effect of using too much heat on hair?

A. Increased elasticity

B. Reduced shine

C. Strengthened strands

D. Improved texture

Using too much heat on hair often leads to reduced shine. When hair is exposed to excessive heat, the cuticle layer, which is the outermost protective layer of the hair, can become damaged. This damage makes it harder for the hair to reflect light properly, resulting in a dull appearance and lack of shine. Overheating can also cause the hair to lose moisture, further contributing to the lack of luster. The other potential effects of heat, such as increased elasticity, strengthened strands, and improved texture, may seem appealing; however, the reality is that high heat can weaken hair structure, making it more prone to breakage and frizz, which ultimately degrades its overall condition and appearance. Thus, while some might think that heat could enhance hair features, too much heat typically does the opposite, particularly when it comes to maintaining shine.

6. What is the primary use of flat irons with smooth edges?

A. Creating Waves

B. Adding Volume

C. Straightening Curly Hair

D. Texturizing Hair

Flat irons with smooth edges are primarily designed to straighten curly hair. The smooth plates of the flat iron glide through the hair without snagging or pulling, allowing them to effectively smooth the cuticle and reduce frizz. This makes them ideal for achieving a sleek, straight look on textured or curly hair. Straightening tools rely on the combination of heat and pressure to reshape the hair's structure temporarily. When flat irons are used properly, they can create a polished finish by eliminating curls and waves, which is particularly beneficial for individuals looking to achieve a straight hairstyle. While creating waves or adding volume are techniques that can involve heat styling tools, they typically require different types of tools or specific techniques that utilize the texture of the hair differently. Similarly, texturizing hair provides a different aesthetic and often involves cutting or using specialized tools to create layers and movement, rather than merely flattening the hair.

7. What type of bond is easily broken by water and heat?

A. Disulfide Bond

B. Salt Bond

C. Hydrogen Bond

D. Peptide Bond

The correct choice is hydrogen bond because these bonds are relatively weak and can be disrupted by the presence of water or by exposure to heat. Hydrogen bonds are formed when a hydrogen atom covalently bonded to a highly electronegative atom, such as oxygen or nitrogen, is attracted to another electronegative atom. This weak attraction allows hydrogen bonds to break easily under conditions such as increased temperature or when water is introduced, making it significant in processes like hair conditioning and chemical treatments. In contrast, disulfide and peptide bonds are much stronger covalent bonds. Disulfide bonds specifically require a chemical reaction, often involving a reducing agent, to be broken. Peptide bonds, which link amino acids in protein chains, are also stable under normal conditions and do not break easily without the influence of strong acids or bases. Salt bonds can also be disrupted by changes in pH or temperature but are generally more stable compared to hydrogen bonds. Understanding the nature of these bonds is crucial in cosmetology as it helps in selecting appropriate products and techniques for hair care.

8. What causes oily hair and scalp?

A. Improper washing or dry scalp

B. Overactive Sebaceous Glands

C. Underactive Sebaceous Glands

D. Hair product buildup

Oily hair and scalp are primarily caused by overactive sebaceous glands. These glands produce sebum, which is the natural oil responsible for keeping hair and scalp moisturized. When these glands become overactive, they produce an excess amount of sebum, leading to a greasy or oily appearance in the hair and scalp. This condition can be influenced by several factors, including hormonal changes, diet, stress, and genetics, which can stimulate the sebaceous glands to produce more oil than normal. Understanding that this overproduction is the fundamental cause helps identify appropriate treatment options, such as using specific shampoos designed to manage oiliness. In contrast, improper washing or dry scalp does not cause oily conditions; rather, they might contribute to dandruff or dry hair. Underactive sebaceous glands would lead to dry hair and scalp, as there wouldn't be enough oil to keep the hair adequately moisturized. Hair product buildup can also lead to a greasy appearance but is often a result of excessive product use, rather than the root cause of oily hair and scalp. Thus, identifying overactive sebaceous glands as the primary cause allows for targeted intervention and management of oily hair.

9. What are the three types of hair texture?

A. Fine, medium, and coarse

B. Straight, wavy, and curly

C. Thick, thin, and average

D. Frizzy, sleek, and dull

The classification of hair texture is an important concept in cosmetology, as it directly influences the choice of products, techniques, and styles used for hair care and styling. The three types of hair texture — fine, medium, and coarse — refer to the diameter of individual hair strands. Fine hair has a small diameter and is often softer and more delicate, making it more prone to damage and less voluminous. Medium hair is thicker than fine hair and offers a balance; it is versatile and can hold styles fairly well. Coarse hair has the largest diameter and tends to be more resilient but can be rougher in texture and more difficult to manage. Understanding these distinctions helps cosmetologists suggest appropriate hair care regimens and styling options to their clients. In contrast, other options focus on different parameters, such as wave patterns, hair density, or resilience, which do not provide the same classification based on the actual strand thickness that is central to the concept of hair texture. Fine, medium, and coarse serve to categorize hair textures in terms of their physical properties, allowing for better tailored hair care techniques.

10. What structure in hair gives it strength and elasticity?

A. Cuticle

B. Cortex

C. Medulla

D. Follicle

The structure in hair that provides strength and elasticity is the cortex. The cortex is the middle layer of the hair shaft, comprising the bulk of its structure. It contains fibrous proteins and has a tough structure that contributes to the overall strength of the hair. The cortex also contains melanin, which gives hair its color and contributes to its elasticity. In contrast, the cuticle is the outermost layer of hair that protects the cortex from damage but does not contribute significantly to strength and elasticity. The medulla is the innermost layer of the hair, which is often absent in finer hair types and does not play a major role in strength or elasticity. The follicle is the hair's root located within the scalp that nourishes and supports hair growth but is not part of the hair shaft itself. Therefore, the cortex is essential for providing strength and elasticity to hair.