

# Nevada State Board of Cosmetology Practice Exam (Sample)

## Study Guide



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## **Questions**

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- 1. What can excessive heat do to hair?**
  - A. It can enhance shine**
  - B. It can cause color fading**
  - C. It can cause damage and breakage**
  - D. It can make hair more manageable**
- 2. What might be a symptom that a client is allergic to a product?**
  - A. Increased energy**
  - B. All-day hydration**
  - C. Redness or swelling on the skin**
  - D. Faster hair growth**
- 3. Which is NOT a function of a curling iron?**
  - A. To create curls**
  - B. To straighten hair**
  - C. To add volume to hair**
  - D. To dry wet hair**
- 4. What is the procedure for filing a complaint with the Nevada State Board of Cosmetology?**
  - A. Call the board office directly**
  - B. File online or by mail with detailed information**
  - C. Submit feedback during a board meeting**
  - D. Visit the board office in person**
- 5. Which of the following is considered a chemical process in cosmetology?**
  - A. Manicure**
  - B. Hair coloring**
  - C. Scalp massage**
  - D. Facial treatment**

- 6. What technique is used to add volume to hair?**
- A. Blow drying**
  - B. Flat ironing**
  - C. Curling**
  - D. Highlighting**
- 7. How frequently should salon tools be disinfected?**
- A. Once a day**
  - B. After each use**
  - C. Once a week**
  - D. Only when visibly dirty**
- 8. What is the effect of using an improper disinfectant?**
- A. No effect on tools**
  - B. Effective sanitation**
  - C. Possible spread of infection**
  - D. Improved longevity of tools**
- 9. How is a cap highlight technique performed?**
- A. Applying color through a foil**
  - B. Pulling strands of hair through a cap to apply color**
  - C. Using a brush to paint colors directly on hair**
  - D. Applying color all over the hair**
- 10. What is the primary purpose of using heat protectants in hairstyling?**
- A. To add moisture**
  - B. To prevent heat damage to the hair**
  - C. To improve shine**
  - D. To enhance color retention**

## **Answers**

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

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## **Explanations**

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## 1. What can excessive heat do to hair?

- A. It can enhance shine
- B. It can cause color fading
- C. It can cause damage and breakage**
- D. It can make hair more manageable

Excessive heat can have detrimental effects on hair, primarily leading to damage and breakage. When hair is exposed to high temperatures from styling tools such as flat irons, curling wands, or blow dryers, the hair cuticle can become weakened. This weakened state makes the hair more susceptible to dehydration and structural compromise. As the heat strips moisture from the hair, it can lose its elasticity, resulting in brittleness, split ends, and ultimately breakage. In contrast to the correct answer, options that suggest enhancement of shine, color fading, or increased manageability do not accurately capture the primary concern when it comes to excessive heat. While heat styling can initially create a polished appearance, the long-term consequences can be severely damaging, reinforcing why understanding the effects of heat on hair health is crucial for both professionals and clients in the cosmetology field.

## 2. What might be a symptom that a client is allergic to a product?

- A. Increased energy
- B. All-day hydration
- C. Redness or swelling on the skin**
- D. Faster hair growth

A symptom that indicates a client may be allergic to a product is redness or swelling on the skin. Allergic reactions often manifest as localized inflammation, which can result in redness, swelling, hives, or even itching and burning sensations. This is the body's immune response to a substance it mistakenly identifies as harmful. Recognizing these symptoms is crucial for cosmetologists, as it allows them to take the necessary steps to address the client's needs and ensure their safety during treatments. In contrast, symptoms such as increased energy or all-day hydration do not relate to allergic reactions. Increased energy is typically not a physical response to a topical product, and all-day hydration suggests a positive outcome from a product rather than a negative allergic response. Faster hair growth similarly is not an indicator of an allergy; rather, it may be associated with other factors like hormonal changes or specific hair growth products. Understanding these distinctions helps professionals in the beauty industry to provide safe and effective services.

### 3. Which is NOT a function of a curling iron?

- A. To create curls
- B. To straighten hair
- C. To add volume to hair
- D. To dry wet hair**

A curling iron is primarily designed to create curls and waves in the hair. Its function revolves around using heat to alter the hair's shape, allowing it to hold various styles that are defined by curls. When it comes to straightening hair, while it's possible to achieve a straightened look with a curling iron by using specific techniques, it is not its primary function, hence categorizing it as something the curling iron can do but is not designed specifically for. Similarly, adding volume can be a byproduct of creating curls, as curls can lift sections of hair, providing body and fullness. However, this again is not the main purpose of a curling iron but rather a secondary effect of the styling process involved. On the other hand, drying wet hair is not a function of a curling iron. Curling irons are not equipped to handle moisture as their primary mechanism is to apply direct heat to alter and style hair that's already dry. Thus, they cannot effectively dry hair, which is instead the function of a blow dryer or similar tool designed for drying hair. This distinguishes drying as something outside the realm of what a curling iron is intended to do, making it the correct choice in this context.

### 4. What is the procedure for filing a complaint with the Nevada State Board of Cosmetology?

- A. Call the board office directly
- B. File online or by mail with detailed information**
- C. Submit feedback during a board meeting
- D. Visit the board office in person

Filing a complaint with the Nevada State Board of Cosmetology requires a structured approach to ensure that the board receives the necessary details to address the issue effectively. The correct method involves submitting a formal complaint either online or via mail, accompanied by detailed information regarding the complaint. This allows the board to understand the specifics of the situation, gather relevant evidence, and take appropriate action based on established processes. Using a formal submission method ensures that the complaint is documented properly, which facilitates tracking and managing the complaint as it progresses through the investigation and resolution process. Detailed information is crucial as it can include dates, specific events, involved parties, and any supportive documentation you may have, making it easier for the board to assess the complaint's validity. Other options like calling the board office, submitting feedback during a meeting, or visiting in person may not provide the thoroughness needed for a formal complaint. While these methods can offer general inquiries or feedback, they lack the structured format required for filing an official complaint with all necessary information clearly presented.

**5. Which of the following is considered a chemical process in cosmetology?**

- A. Manicure**
- B. Hair coloring**
- C. Scalp massage**
- D. Facial treatment**

Hair coloring is classified as a chemical process in cosmetology because it involves the application of chemical substances to alter the structure and color of the hair. These substances often contain ingredients like ammonia and peroxide, which work to penetrate the hair shaft and change the natural pigments within the hair. This process fundamentally alters the composition of the hair, which aligns with the definition of a chemical process in the beauty industry. In contrast, manicures, scalp massages, and facial treatments primarily involve physical methods and topical applications that do not fundamentally change the chemical structure of the hair, skin, or nails. While products used in these treatments may have some active ingredients, the techniques used do not involve chemical reactions that alter the inherent properties of the materials being treated.

**6. What technique is used to add volume to hair?**

- A. Blow drying**
- B. Flat ironing**
- C. Curling**
- D. Highlighting**

Blow drying is an effective technique used to add volume to hair because it involves lifting the roots while directing airflow from a blow dryer. This method allows the hair to expand as it's dried, creating a fuller appearance. By using a round brush in conjunction with blow drying, stylists can create additional body and movement, enhancing the overall volume. In addition to generating volume, blow drying can also improve the hair's texture and smoothness, making it more manageable. This technique is especially useful for individuals with fine or limp hair, as it helps to achieve a bouncier and more voluminous look. The other techniques listed serve different purposes. Flat ironing is primarily used for straightening hair and achieving a sleek finish. Curling adds waves or curls but can create more structure rather than volume. Highlighting is a coloring technique that adds dimension and lightness to hair without directly contributing to volume. Understanding the specific impact of each technique is essential for achieving desired hairstyles and making informed decisions during hair styling processes.

## **7. How frequently should salon tools be disinfected?**

- A. Once a day**
- B. After each use**
- C. Once a week**
- D. Only when visibly dirty**

Disinfecting salon tools after each use is essential for maintaining a safe and hygienic environment for both clients and professionals. This practice helps prevent the spread of infections and ensures that tools are free from contaminants when used on different clients. High standards of sanitation are critical in the cosmetology field, where tools can come into contact with blood, bacteria, and other pathogens. By disinfecting after every use, salon professionals adhere to health regulations and contribute to client safety, minimizing the risk of communicable diseases. This routine reinforces the importance of cleanliness in the beauty industry and demonstrates a commitment to professional standards. Proper disinfection practices are vital not only for regulatory compliance but also for establishing trust with clients regarding their safety and well-being during beauty services.

## **8. What is the effect of using an improper disinfectant?**

- A. No effect on tools**
- B. Effective sanitation**
- C. Possible spread of infection**
- D. Improved longevity of tools**

Using an improper disinfectant can lead to a possible spread of infection, which is why this is the correct answer. Disinfectants are specifically designed to eliminate or reduce harmful microorganisms on surfaces and tools used in cosmetology. If a product does not meet the necessary standards for killing bacteria, viruses, and fungi, it may not adequately clean the tools, allowing pathogens to survive. This could result in cross-contamination when tools are reused on clients. The improper disinfectant might not be effective against specific types of germs, which means that tools that appear clean could actually harbor infectious agents. Therefore, utilizing the correct disinfectant is essential for maintaining a safe environment for both clients and practitioners by reducing the risk of transmitting infections. The other choices do not reflect the consequences of using an improper disinfectant. For instance, claiming that there is no effect on tools ignores the health risks involved, while suggesting effective sanitation would not be realistic if the wrong disinfectant is used. Similarly, stating that there would be an improved longevity of tools does not consider that improper cleaning can actually damage tools over time.

**9. How is a cap highlight technique performed?**

- A. Applying color through a foil**
- B. Pulling strands of hair through a cap to apply color**
- C. Using a brush to paint colors directly on hair**
- D. Applying color all over the hair**

The cap highlight technique is performed by pulling strands of hair through a cap to apply color. This method involves using a perforated cap that fits snugly on the head. The stylist then uses a hook or similar tool to pull small sections of hair through the holes in the cap. Once the hair strands are pulled through, color is applied to those strands while the remaining hair is protected under the cap. This technique allows for controlled placement of highlights and can produce a more defined, natural-looking result. This method contrasts with other highlighting techniques, such as applying color through a foil, painting colors directly on hair, or applying color all over the hair. Each of those methods differs significantly in application and outcome, focusing either on broader color coverage or more artistic styles without the controlled strand-by-strand precision that the cap technique provides.

**10. What is the primary purpose of using heat protectants in hairstyling?**

- A. To add moisture**
- B. To prevent heat damage to the hair**
- C. To improve shine**
- D. To enhance color retention**

The primary purpose of using heat protectants in hairstyling is to prevent heat damage to the hair. Heat protectants create a barrier between the hair and the heat from styling tools such as flat irons, curling wands, or blow dryers. This helps to minimize the risk of moisture loss and structural damage to the hair cuticle, which can lead to breakage, frizz, and split ends. By applying a heat protectant before using these tools, you help maintain the integrity and health of the hair, allowing for safe styling without compromising its condition. While moisture, shine, and color retention are important aspects of hair care, they are secondary benefits provided by some products but not the primary purpose of heat protectants. These products are specifically formulated to mitigate the harmful effects that high temperatures can inflict on hair fibers.