

New Hampshire Cosmetology Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What is the main ingredient in most hair relaxers?**
 - A. Sodium chloride**
 - B. Sodium bicarbonate**
 - C. Sodium hydroxide**
 - D. Potassium bromate**
- 2. What is the term for the area where hair grows from the scalp?**
 - A. Hair bulb**
 - B. Hair shaft**
 - C. Hair follicle**
 - D. Hair root**
- 3. What is the function of a conditioner?**
 - A. To cleanse the scalp**
 - B. To detangle and moisturize the hair**
 - C. To color the hair**
 - D. To protect against heat styling**
- 4. What is the pH range of hair and scalp?**
 - A. 3.0 to 4.0**
 - B. 4.5 to 5.5**
 - C. 5.0 to 6.0**
 - D. 6.0 to 7.0**
- 5. What should be done before coloring hair with any chemical products?**
 - A. Cut the hair**
 - B. Wash the hair thoroughly**
 - C. Conduct a patch test**
 - D. Apply hairspray**

- 6. What is the ideal pH level for shampoos designed for color-treated hair?**
- A. 3.0 to 4.0**
 - B. 4.5 to 5.5**
 - C. 5.0 to 6.0**
 - D. 6.0 to 7.0**
- 7. Which skin type is characterized by enlarged pores and excess oil production?**
- A. Normal skin**
 - B. Dry skin**
 - C. Combination skin**
 - D. Oily skin**
- 8. In what year did the New Hampshire Cosmetology Board begin requiring continuing education for license renewal?**
- A. 1996**
 - B. 1998**
 - C. 2000**
 - D. 2002**
- 9. Which type of hair color provides the most long-lasting effects?**
- A. Temporary hair color**
 - B. Semi-permanent hair color**
 - C. Demi-permanent hair color**
 - D. Permanent hair color**
- 10. What is the primary benefit of performing a strand test before a chemical service?**
- A. To enhance curls**
 - B. To check for allergic reactions**
 - C. To determine processing time**
 - D. To assess hair integrity**

Answers

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

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Explanations

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1. What is the main ingredient in most hair relaxers?

- A. Sodium chloride**
- B. Sodium bicarbonate**
- C. Sodium hydroxide**
- D. Potassium bromate**

The main ingredient in most hair relaxers is sodium hydroxide. This chemical is known for its strong alkaline properties, which help break down the structural bonds in the hair, allowing for the hair to be straightened or relaxed effectively. When sodium hydroxide is applied to the hair, it penetrates the cuticle and alters the keratin structure, leading to a smoother appearance. Sodium hydroxide's effectiveness comes from its ability to raise the pH level of the hair, effectively softening the hair's protein structure. The results can be long-lasting, making it a popular choice among professional hairstylists for clients who desire straight hair. Other ingredients, such as sodium chloride and sodium bicarbonate, do not possess the same capabilities to dramatically alter hair structure and are typically found in other hair care products for different purposes, such as cleansing or conditioning. Potassium bromate, on the other hand, is primarily used as a dough conditioner in baking and does not apply to hair treatments. Understanding the role and power of sodium hydroxide in hair relaxers is crucial for those practicing in the cosmetology field.

2. What is the term for the area where hair grows from the scalp?

- A. Hair bulb**
- B. Hair shaft**
- C. Hair follicle**
- D. Hair root**

The area where hair grows from the scalp is referred to as the hair follicle. This structure is crucial as it houses the hair bulb, where the hair begins to form, and is responsible for the growth of hair. The hair follicle is embedded in the scalp and is surrounded by other important structures, including sebaceous glands, which produce oil to keep the hair and scalp moisturized. The follicle serves not only as a growth point for hair but also plays a significant role in its overall health and regeneration. Understanding the function of the hair follicle is essential for anyone in the cosmetology field, as it impacts hair care techniques and treatment options for clients dealing with hair and scalp issues.

3. What is the function of a conditioner?

- A. To cleanse the scalp
- B. To detangle and moisturize the hair**
- C. To color the hair
- D. To protect against heat styling

The function of a conditioner primarily revolves around detangling and moisturizing the hair. Conditioners are specifically formulated to smooth the hair cuticle, which can become rough and frizzy due to various factors like environmental exposure or chemical treatments. By providing moisture, conditioners help to restore hydration to the hair, making it more manageable and less prone to breakage. In addition to moisturizing, conditioners often contain ingredients that help to reduce tangling. This is particularly important because tangles can lead to hair damage when being combed or brushed. Smooth, well-conditioned hair is easier to style and maintain. While other options, such as cleansing the scalp, coloring the hair, and protecting against heat styling, have their own specific roles in hair care, they do not align with the primary purpose of conditioners. Cleansing agents are responsible for cleaning the scalp, hair color products introduce pigmentation, and heat protectants serve to shield the hair from damage caused by styling tools. Each product serves a distinct function, and conditioners uniquely offer the benefits of detangling and moisturizing, making them essential for healthy hair maintenance.

4. What is the pH range of hair and scalp?

- A. 3.0 to 4.0
- B. 4.5 to 5.5**
- C. 5.0 to 6.0
- D. 6.0 to 7.0

The pH range of hair and scalp typically falls between 4.5 and 5.5. This slightly acidic pH helps to maintain the integrity of the hair cuticle, keeping it smooth and closed. An acidic environment is essential for healthy hair and scalp, as it can prevent the growth of harmful bacteria and fungi, which thrive in more alkaline conditions. Products that are formulated within this pH range are more compatible with hair and skin, helping to preserve moisture and enhance shine while minimizing damage. This balance is crucial for maintaining the overall health of the hair, ensuring its strength and resilience against environmental factors. In contrast, pH levels outside this range, such as those listed in the other choices, may lead to issues. A pH below 4.5 can make the hair overly acidic, potentially causing irritation and damage, while a pH above 5.5 can contribute to the hair cuticle lifting, which can result in dryness and brittleness. Therefore, the pH range of 4.5 to 5.5 is optimal for maintaining healthy hair and scalp.

5. What should be done before coloring hair with any chemical products?

- A. Cut the hair**
- B. Wash the hair thoroughly**
- C. Conduct a patch test**
- D. Apply hairspray**

Conducting a patch test is crucial before coloring hair with any chemical products because it assesses the client's potential sensitivity or allergic reaction to the ingredients in the dye. By applying a small amount of the product on a discreet area of the skin—typically behind the ear or on the inner elbow—the cosmetologist can observe for any adverse reactions such as redness, itching, or swelling over a designated period, usually 24-48 hours. This precaution helps ensure client safety and prevents unpleasant or serious reactions when the product is applied to the hair. While cutting the hair, washing it thoroughly, and applying hairspray may be actions taken during the hair coloring process or hair preparation, they do not address the important safety concern of allergic reactions to hair color products. Thus, the patch test is a critical step that safeguards the client prior to proceeding with any chemical treatment.

6. What is the ideal pH level for shampoos designed for color-treated hair?

- A. 3.0 to 4.0**
- B. 4.5 to 5.5**
- C. 5.0 to 6.0**
- D. 6.0 to 7.0**

The ideal pH level for shampoos designed for color-treated hair is generally in the range of 4.5 to 5.5. This pH balance is crucial because it is slightly acidic, which helps to maintain the hair's natural protective barrier, known as the cuticle. When the pH is within this range, it can effectively clean the hair without causing excessive swelling or damage to the cuticles, which can result in color fading or loss of vibrancy. Shampoos that are too alkaline (such as those with a pH level above 7.0) can raise the cuticle, leading to an increased risk of moisture loss and color bleeding. This is particularly problematic for color-treated hair, as the dyes can leach out more easily when the cuticle is lifted. Conversely, shampoos with a pH that is too low (like those in the range of 3.0 to 4.0) can be overly harsh, potentially causing irritation to the scalp and further compromising the integrity of the hair. Maintaining a pH level conducive to both cleaning and protecting hair color is essential for keeping color-treated hair looking vibrant and healthy.

7. Which skin type is characterized by enlarged pores and excess oil production?

- A. Normal skin**
- B. Dry skin**
- C. Combination skin**
- D. Oily skin**

The skin type characterized by enlarged pores and excess oil production is oily skin. This condition occurs when the sebaceous glands in the skin produce more sebum than necessary, leading to a shiny appearance and the likelihood of clogged pores. Enlarged pores are typically a result of the increased sebum, which can combine with dead skin cells, bacteria, and other impurities, making them more noticeable. In contrast, normal skin has a balanced level of moisture and oil, dry skin lacks sufficient oil and moisture, often appearing flaky or rough, and combination skin features characteristics of both oily and dry skin, where some areas may be oily (usually the T-zone) while others are dry. Understanding these distinctions is crucial for proper skincare and treatment options tailored for each skin type.

8. In what year did the New Hampshire Cosmetology Board begin requiring continuing education for license renewal?

- A. 1996**
- B. 1998**
- C. 2000**
- D. 2002**

The New Hampshire Cosmetology Board began requiring continuing education for license renewal in 1998. This requirement was implemented to ensure that cosmetology professionals stay current with the latest industry practices, techniques, and safety regulations. Continuing education is vital in a constantly evolving field like cosmetology, where new trends and technologies emerge regularly. By mandating these educational components, the Board promotes higher standards of professionalism and competence among licensed cosmetologists, ultimately benefiting the practitioners and their clients. This initiative reflects a broader commitment to quality in the beauty and personal care industry, emphasizing the importance of ongoing learning for those in the field.

9. Which type of hair color provides the most long-lasting effects?

- A. Temporary hair color**
- B. Semi-permanent hair color**
- C. Demi-permanent hair color**
- D. Permanent hair color**

Permanent hair color is designed to deliver the most long-lasting effects because it contains a combination of ammonia and peroxide that allows the color to penetrate deeply into the hair shaft. This chemical reaction not only lifts the natural hair pigment but also deposits the new color, creating a lasting change that is resistant to fading. Once applied, permanent hair color can last for several weeks to months, depending on factors such as hair type, cleansing frequency, and exposure to environmental elements. In contrast, temporary hair color only coats the surface of the hair and typically washes out after one shampoo, making it the least long-lasting. Semi-permanent color lasts longer than temporary color but does not penetrate the hair shaft as deeply, resulting in a shorter lifespan compared to permanent color. Demi-permanent color sits between semi-permanent and permanent; it lasts longer than semi-permanent but still lacks the enduring qualities of permanent color. Thus, permanent hair color stands out as the best option for those seeking a durable change.

10. What is the primary benefit of performing a strand test before a chemical service?

- A. To enhance curls**
- B. To check for allergic reactions**
- C. To determine processing time**
- D. To assess hair integrity**

The primary benefit of performing a strand test before a chemical service is to determine processing time. This test involves applying the chemical treatment to a small section of hair to observe how long it takes to achieve the desired results. By assessing the way the product interacts with the hair on this test strand, a cosmetologist can better predict the outcome for the entire head of hair and make adjustments accordingly. This process helps in tailoring the service to an individual's hair type and condition, ensuring that the results are effective and minimizing the risk of damage. Correctly estimating processing time based on the strand test contributes to the overall success of the chemical service while promoting client satisfaction. While checking for allergic reactions and assessing hair integrity are also important parts of the process, the primary focus of a strand test specifically relates to determining how long the chemical will need to process effectively.

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://newhampshirecosmetology.examzify.com>

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