

# New Hampshire Cosmetology 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

- 1. What protective equipment must be worn when applying chemicals to hair?**
  - A. Goggles**
  - B. Mask**
  - C. Gloves**
  - D. Apron**
- 2. What tool is primarily used for creating layers in hair?**
  - A. Razor**
  - B. Clippers**
  - C. Scissors**
  - D. Shears**
- 3. How long can temporary hair color typically last?**
  - A. 1 to 2 washes**
  - B. 1 to 2 shampoos**
  - C. 4 to 6 weeks**
  - D. 8 to 12 washes**
- 4. What type of skin is best suited for a glycolic acid peel?**
  - A. Dry and sensitive skin**
  - B. Oily and acne-prone skin**
  - C. Normal and combination skin**
  - D. Aged and sun-damaged skin**
- 5. What is a common cause of dandruff?**
  - A. Bacterial infection**
  - B. Dry scalp**
  - C. Malassezia fungus**
  - D. Allergic reaction**
- 6. What is the procedure for performing a scalp massage?**
  - A. Use firm strokes with the palms**
  - B. Use gentle pressure and circular motions with fingertips**
  - C. Use the fingertips to tap lightly**
  - D. Only massage the scalp briefly**

- 7. What tool is primarily used for creating precise lines in haircuts?**
- A. Regular scissors**
  - B. Thinning shears**
  - C. Razor**
  - D. Hair clippers**
- 8. Which skin type is most likely to react poorly to strong chemical treatments?**
- A. Normal**
  - B. Combination**
  - C. Sensitive**
  - D. Oily**
- 9. 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**
- 10. When should a cosmetologist recommend a patch test?**
- A. For all styling products**
  - B. Only for dyeing services**
  - C. Before any chemical service**
  - D. When using new grooming tools**



## **Answers**

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

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## **Explanations**

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**1. What protective equipment must be worn when applying chemicals to hair?**

- A. Goggles**
- B. Mask**
- C. Gloves**
- D. Apron**

When applying chemicals to hair, wearing gloves is essential to ensure safety and prevent direct contact with harsh substances that can cause skin irritation or allergic reactions. Chemicals used in hair treatments, such as hair color, bleach, or perms, often contain strong ingredients that, when they come into contact with skin, can lead to chemical burns or dermatitis. Gloves provide a barrier that protects both the stylist and the client during the application process. While goggles, masks, and aprons can also play a role in safety during chemical applications, gloves are specifically crucial for protecting the skin on the hands, which is frequently exposed to these products. Goggles might be necessary in scenarios where splashing is a concern, masks may be used to avoid inhaling fumes, and aprons help to protect clothing from spills. However, none of these items directly shield the skin from chemical exposure, making gloves the most critical piece of protective equipment in this context.

**2. What tool is primarily used for creating layers in hair?**

- A. Razor**
- B. Clippers**
- C. Scissors**
- D. Shears**

The razor is a key tool for creating layers in hair because it allows for a technique known as "razor cutting" or "sliding." This method provides a more textured and softer finish to the hair compared to traditional cutting methods. When a stylist uses a razor, they can achieve various lengths throughout the hairstyle, which helps to blend different sections seamlessly and create movement and volume. This technique is particularly effective for removing bulk from thicker hair while also establishing softer lines and contours. While the other tools, such as clippers and shears, serve essential functions in haircuts, they typically do not create the same layered effect as a razor. Clippers are more suited for providing clean, uniform lengths and are often used for fade cuts or shorter styles, whereas shears are primarily used for blunt cuts and simple trimming. Scissors can also be used to create layers, but they do not provide the same textured result that a razor can achieve. Thus, the razor stands out as the primary choice for layering, making it the best answer in this context.

### 3. How long can temporary hair color typically last?

- A. 1 to 2 washes
- B. 1 to 2 shampoos**
- C. 4 to 6 weeks
- D. 8 to 12 washes

Temporary hair color is designed to provide a short-term change in hair color without causing lasting effects. It typically lasts through about 1 to 2 shampoos, which translates to approximately one or two washes, depending on the type of shampoo used, the hair's porosity, and how often the hair is washed. This type of color is meant to be easily removable and is often used for special occasions or to experiment with color without commitment. In contrast, other options suggest longer-lasting effects which do not align with the characteristics of temporary hair color. Temporary colors are formulated to fade quickly, while options that indicate a duration of weeks or more refer to semi-permanent or permanent dyes that penetrate the hair more deeply. Understanding the different types of hair color and their intended longevity is crucial for making informed choices in hair care and coloring.

### 4. What type of skin is best suited for a glycolic acid peel?

- A. Dry and sensitive skin
- B. Oily and acne-prone skin**
- C. Normal and combination skin
- D. Aged and sun-damaged skin

Glycolic acid peel is particularly effective for oily and acne-prone skin due to its ability to deeply exfoliate and remove the build-up of dead skin cells, which can clog pores and lead to breakouts. The glycolic acid, being an alpha hydroxy acid (AHA), works to dissolve the bonds between the skin cells that can cause congestion. This process not only improves the skin's texture but also helps in controlling sebum production, which is often elevated in oily skin types. Additionally, this type of peel can enhance overall skin clarity and reduce the appearance of acne scars over time, making it a suitable choice for individuals dealing with persistent acne or oily skin conditions. Its efficacy in promoting cell turnover also contributes to a more even skin tone and can reduce the likelihood of future acne outbreaks. In contrast, while other skin types may benefit from glycolic peels, they may not experience the same level of beneficial effects as those with oily and acne-prone skin. For example, dry and sensitive skin may react negatively to the strong exfoliation, while aged and sun-damaged skin could require a different type of treatment that focuses more on hydration and skin barrier restoration instead of deep exfoliation.

## 5. What is a common cause of dandruff?

- A. Bacterial infection
- B. Dry scalp
- C. Malassezia fungus**
- D. Allergic reaction

A common cause of dandruff is the *Malassezia* fungus. This yeast-like fungus is naturally found on the scalp and can thrive on the scalp's oils. When there is an overgrowth of this fungus, it can contribute to irritation and inflammation of the scalp, leading to increased cell turnover. The rapid shedding of skin cells results in the formation of the white or yellowish flakes commonly associated with dandruff. While other factors, such as dry scalp and allergic reactions, can also contribute to flaking, they do not address the specific underlying issue of fungal overgrowth linked to dandruff. Understanding the role of *Malassezia* is crucial for identifying dandruff's true root cause and determining effective treatments.

## 6. What is the procedure for performing a scalp massage?

- A. Use firm strokes with the palms
- B. Use gentle pressure and circular motions with fingertips**
- C. Use the fingertips to tap lightly
- D. Only massage the scalp briefly

The correct procedure for performing a scalp massage involves using gentle pressure and circular motions with the fingertips. This technique promotes relaxation and stimulates circulation in the scalp, which can enhance the health of the hair and scalp. The gentle approach ensures that the client feels comfortable and relaxed throughout the massage, allowing for a soothing experience. Using circular motions with the fingertips helps to evenly distribute pressure across the scalp, avoiding any discomfort that might occur with firmer strokes. This is particularly important in a cosmetology setting, where creating a pleasant and calming atmosphere can significantly enhance the overall client experience. Additionally, this technique can help to alleviate tension and stress, which are common issues among clients seeking services in beauty and wellness. While other methods, such as firm strokes with the palms or tapping lightly with the fingertips, may have their place in different types of massage or treatments, they do not provide the same benefits as the gentle, circular fingertip motions in a scalp massage. The brief massaging of the scalp does not take full advantage of the benefits of a thorough scalp massage, which should ideally last longer to promote relaxation and blood flow effectively.

**7. What tool is primarily used for creating precise lines in haircuts?**

- A. Regular scissors**
- B. Thinning shears**
- C. Razor**
- D. Hair clippers**

The tool primarily used for creating precise lines in haircuts is thinning shears. These shears have a unique design with one blade that is serrated. This allows them to remove bulk from the hair while simultaneously blending layers. When used correctly, thinning shears create soft, precise lines and textures that can enhance the overall shape and detail of a haircut. The precision they offer is particularly beneficial in layering and creating movement in the hair, making them an essential tool for stylists who want to achieve clean lines without the bluntness that regular scissors might impart. In contrast, regular scissors are used for more general cutting, razors can create different textures but aren't primarily used for precise lines, and hair clippers typically provide a uniform length rather than sharp or defined lines. Thus, thinning shears stand out as the best choice for this specific purpose.

**8. Which skin type is most likely to react poorly to strong chemical treatments?**

- A. Normal**
- B. Combination**
- C. Sensitive**
- D. Oily**

Sensitive skin is most likely to react poorly to strong chemical treatments due to its heightened reactivity and lower tolerance to irritants. This skin type often experiences redness, inflammation, and irritation more readily than other types when exposed to harsh ingredients or aggressive treatments. Individuals with sensitive skin may have an impaired skin barrier, which can exacerbate these reactions and lead to discomfort or adverse outcomes. In contrast, normal, combination, and oily skin types generally have a more robust tolerance to strong treatments. Normal skin often maintains a balanced pH and moisture level, combination skin can handle various products across different areas of the face without significant reaction, and oily skin tends to have excess sebum that can sometimes offer a degree of protection. Thus, sensitive skin's inherent fragility makes it the most susceptible to negative reactions from aggressive chemical processes.

**9. 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.

**10. When should a cosmetologist recommend a patch test?**

- A. For all styling products**
- B. Only for dyeing services**
- C. Before any chemical service**
- D. When using new grooming tools**

A cosmetologist should recommend a patch test before any chemical service because this procedure is essential for ensuring client safety and preventing adverse skin reactions. Chemical services often involve strong substances that can lead to allergic reactions or sensitivity. By conducting a patch test, typically involving the application of a small amount of the product to a discreet area of skin, the cosmetologist can observe any negative reactions before applying the product on a larger scale. Choosing to perform a patch test solely for dyeing services, as suggested by one of the options, would limit safety checks to only one type of chemical service. This does not account for other possible chemical treatments, such as perms or relaxers, that might also induce allergic reactions in some clients. Similarly, while it's important to ensure that clients are not allergic to new grooming tools, the focus of a patch test primarily relates to chemical reactions, making the patch test less relevant in such scenarios. The key point is that a patch test is a precautionary measure that should be utilized broadly for any service that involves chemicals to maximize client safety.



## 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](mailto: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!**