

NEW HAMPSHIRE COSMETOLOGY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What should be done if a client has a known allergy to a product?**
 - A. Use the product anyway
 - B. Conduct a patch test first
 - C. Seek a different product
 - D. Ignore the allergy
- 2. What does the term "porosity" mean in relation to hair?**
 - A. The thickness of the hair strand
 - B. The ability of hair to absorb moisture
 - C. The texture of the hair
 - D. The color of the hair
- 3. What is the purpose of a consultation in cosmetology?**
 - A. To apply treatments effectively
 - B. To understand the client's needs and preferences
 - C. To select products for use
 - D. To prepare the salon for clients
- 4. What is the required passing score for the New Hampshire Cosmetology Practical Exam?**
 - A. 70%
 - B. 75%
 - C. 80%
 - D. 85%
- 5. What is the purpose of a base coat in nail polish application?**
 - A. To enhance the shine of the polish
 - B. To strengthen the nail
 - C. To protect the nail and enhance color adherence
 - D. To reduce drying time
- 6. What tool is commonly used to create curls in hair?**
 - A. Curling iron
 - B. Blow dryer
 - C. Flat iron
 - D. Hair straightener

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. What does the term "cross-checking" refer to in haircutting?

- A. Verifying the accuracy of a haircut by checking from different angles
- B. Creating layers in the hair
- C. Trimming split ends
- D. Measuring length before cutting

9. What is the primary tool used for men's haircutting?

- A. Shears
- B. Razor
- C. Clipper
- D. Comb

10. Which tool is commonly used for applying hair dye?

- A. Hairbrush
- B. Comb
- C. Dye brush
- D. Scissors

Answers

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

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Explanations

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1. What should be done if a client has a known allergy to a product?

- A. Use the product anyway
- B. Conduct a patch test first
- C. Seek a different product**
- D. Ignore the allergy

If a client has a known allergy to a product, seeking a different product is the most appropriate and safe action. Allergies can lead to serious skin reactions, discomfort, or even more severe health issues, which is why it's crucial to avoid using any product that the client is allergic to. When a client discloses an allergy, it is the responsibility of the cosmetologist or esthetician to prioritize the client's safety and well-being. By exploring alternative products that do not contain the allergenic substances, you can still provide the desired service without risking a negative reaction. It's also important to communicate openly with the client about their allergies and achieve their consent before proceeding with any treatments. This approach demonstrates professionalism and care for the client's health, fostering trust and a positive experience in the salon.

2. What does the term "porosity" mean in relation to hair?

- A. The thickness of the hair strand
- B. The ability of hair to absorb moisture**
- C. The texture of the hair
- D. The color of the hair

Porosity refers to the hair's ability to absorb moisture, which is a critical characteristic affecting how hair responds to various treatments, styling products, and environmental factors. When hair has high porosity, it means the cuticle layer is raised or damaged, allowing it to soak up moisture quickly but also making it susceptible to losing moisture and becoming dry easily. On the other hand, low porosity hair has a tighter cuticle that does not allow moisture to penetrate easily, often requiring more effort to hydrate. Understanding porosity is essential for hairstylists and cosmetologists, as it influences the choice of hair care products and techniques. For example, high porosity hair might benefit from heavier moisturizing products to help retain moisture, while low porosity hair may require lighter, more easily absorbed products. This knowledge helps professionals customize their services to meet the specific needs of their clients' hair types.

3. What is the purpose of a consultation in cosmetology?

- A. To apply treatments effectively
- B. To understand the client's needs and preferences**
- C. To select products for use
- D. To prepare the salon for clients

The primary purpose of a consultation in cosmetology is to understand the client's needs and preferences. This step is essential as it establishes a trusting relationship between the cosmetologist and the client. During the consultation, the cosmetologist takes the time to listen to the client's desires, concerns, and expectations. This information forms the basis for providing personalized services and ensuring that the resulting hairstyle or treatment aligns with the client's vision. By thoroughly understanding what the client wants, the cosmetologist can also make informed suggestions that take into account the client's hair type, skin tone, lifestyle, and maintenance capabilities. This approach not only enhances client satisfaction but also promotes a positive experience at the salon. While applying treatments effectively, selecting products, and preparing the salon are important aspects of cosmetology, they all stem from the initial step of comprehending the client's needs and preferences during the consultation process.

4. What is the required passing score for the New Hampshire Cosmetology Practical Exam?

- A. 70%
- B. 75%**
- C. 80%
- D. 85%

The required passing score for the New Hampshire Cosmetology Practical Exam is set at 75%. This benchmark is established to ensure that candidates demonstrate a sufficient understanding and application of the skills necessary for cosmetology practice. Achieving this score reflects proficiency in key aspects of cosmetology, including techniques, safety procedures, and customer service practices essential for success in the industry. When a candidate scores 75% or above, it indicates they've met the state's standards for practical knowledge and execution, which is critical for maintaining quality and safety in cosmetology services. The scoring system is designed to uphold the professionalism and competency expected within the field, making this a vital element for anyone pursuing a career in cosmetology in New Hampshire.

5. What is the purpose of a base coat in nail polish application?

- A. To enhance the shine of the polish
- B. To strengthen the nail
- C. To protect the nail and enhance color adherence**
- D. To reduce drying time

The purpose of a base coat in nail polish application is primarily to protect the nail and enhance color adherence. When applied before the colored polish, the base coat creates a smooth surface that helps the color stay on better and last longer. This layer acts as a barrier against any staining that colored polishes might cause, particularly with darker shades or those containing pigments that can discolor the nail surface. In addition, the consistency and formulation of the base coat help it to meld more effectively with the nail, allowing for better adhesion of subsequent layers of polish. This not only leads to a more vibrant and even application of color but can also contribute to a longer wear time for the polish. While enhancing shine and strengthening the nail are beneficial properties, they do not directly address the primary function of protecting the nail and ensuring the polish adheres well. Reducing drying time is a consideration, but it's more typically associated with top coats rather than base coats. Therefore, the option focusing on protection and adherence is the most accurate representation of the base coat's purpose.

6. What tool is commonly used to create curls in hair?

- A. Curling iron**
- B. Blow dryer
- C. Flat iron
- D. Hair straightener

The tool that is most commonly used to create curls in hair is the curling iron. This specialized styling tool is designed with a heated barrel that curls the hair strands around it when wrapped. By holding the hair on the barrel for a few moments, heat is applied, allowing the hair to take shape and form beautiful, defined curls. In contrast, a blow dryer is used primarily for drying hair and can enhance volume, but it does not create curls on its own. Similarly, a flat iron is designed to straighten hair and can sometimes create waves or curls when used in a specific manner, but it is not its primary function. A hair straightener also focuses on smoothing the hair, which is the opposite of curling. Therefore, the curling iron is the dedicated tool that effectively achieves the desired curly hairstyle.

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. What does the term "cross-checking" refer to in haircutting?

- A. Verifying the accuracy of a haircut by checking from different angles**
- B. Creating layers in the hair
- C. Trimming split ends
- D. Measuring length before cutting

The term "cross-checking" in haircutting specifically refers to the technique of verifying the accuracy of a haircut by inspecting it from different angles. This process is essential for ensuring evenness and precision throughout the haircut. By looking at the hair from various viewpoints, a stylist can identify any discrepancies or uneven sections that might not be visible from a single angle. This practice helps in achieving a balanced and symmetric cut, which is crucial for professional-level hairstyling. While creating layers, trimming split ends, and measuring length before cutting are important aspects of haircutting, they do not encompass the function of cross-checking. Creating layers involves specific cutting techniques to add texture and movement, trimming split ends is focused on maintaining hair health, and measuring length before cutting is a preliminary step before applying any cutting technique. Cross-checking stands out as a method of confirming the final results of the haircut, thereby ensuring quality and client satisfaction.

9. What is the primary tool used for men's haircutting?

- A. Shears
- B. Razor
- C. Clipper**
- D. Comb

The primary tool used for men's haircutting is the clipper. Clippers are designed specifically for cutting shorter hair, making them particularly effective for men's styles, which often involve close cuts and fades. The various guard attachments available with clippers allow for customizable lengths, enabling stylists to achieve a wide range of preferred styles quickly and efficiently. While shears are often used for texturizing and creating specific shapes, they typically serve a different purpose and are more common in women's hairstyles or for finishing touches in men's haircuts. Razors, while applicable for creating certain textures or softer edges, are not the main tool for completing the bulk of a men's haircut. A comb, although essential for sectioning hair and ensuring even cutting, does not cut hair on its own and is not a tool primarily used for cutting. Therefore, the clipper stands out as the most fundamental instrument for handling men's haircuts effectively.

10. Which tool is commonly used for applying hair dye?

- A. Hairbrush
- B. Comb
- C. Dye brush
- D. Scissors

The tool commonly used for applying hair dye is the dye brush. A dye brush is specifically designed for this purpose, with bristles that help evenly distribute color throughout the hair. It allows for precision when applying the dye, especially in areas that require careful detail, such as the roots or in highlights. The shape and flexibility of a dye brush make it effective for ensuring full coverage and reducing the mess that could occur with other tools. While a hairbrush can be used to distribute dye after application, it is not intended for the initial application of the dye. A comb is primarily used for sectioning and detangling hair, which doesn't serve the purpose of dye application. Scissors are tools for cutting hair and are not related to the process of applying hair color. Thus, the dye brush is the most appropriate choice for the effective application of hair dye.

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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!

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