

# New Mexico Cosmetology Practice Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. What is a common treatment for dry scalp?**
  - A. Hair gel application**
  - B. Regular use of heat styling tools**
  - C. Applying a moisturizing scalp treatment**
  - D. Frequent shampooing**
- 2. When is it appropriate to apply shampoo to dry hair?**
  - A. When adding moisture**
  - B. When using clarifying shampoo to remove product buildup**
  - C. When treating dandruff**
  - D. When enhancing shine**
- 3. What technique is employed to achieve a natural-looking gradient effect in hair color?**
  - A. Balayage**
  - B. Ombre**
  - C. Foiling**
  - D. Babylights**
- 4. Which type of styling product is best for adding volume to fine hair?**
  - A. Heavy creams**
  - B. Lightweight mousses**
  - C. Oils**
  - D. Gels**
- 5. Which type of haircut creates movement and texture?**
  - A. A blunt cut with no layers**
  - B. A pixie cut with straight edges**
  - C. A textured cut with layering**
  - D. A bob cut with uniform length**
- 6. How long is the typical shelf life of unopened hair color?**
  - A. One year**
  - B. Two years**
  - C. Three years**
  - D. Five years**

- 7. What is the main benefit of using a leave-in conditioner?**
- A. To provide deep conditioning overnight**
  - B. To add shine before styling**
  - C. To provide ongoing moisture and protection throughout the day**
  - D. To enhance hair color**
- 8. Which type of skin care treatment is often offered by cosmetologists?**
- A. Microdermabrasion**
  - B. Chemical peels**
  - C. Both A and B**
  - D. Facial massages only**
- 9. During which phase of hair growth does hair actively grow?**
- A. Telogen phase**
  - B. Anagen phase**
  - C. Catagen phase**
  - D. Resting phase**
- 10. What is the primary purpose of facials in cosmetology?**
- A. To apply makeup for special events**
  - B. To cleanse, exfoliate, and hydrate the skin**
  - C. To improve skin elasticity**
  - D. To provide relaxation through massage**

## **Answers**

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

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## **Explanations**

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## **1. What is a common treatment for dry scalp?**

- A. Hair gel application**
- B. Regular use of heat styling tools**
- C. Applying a moisturizing scalp treatment**
- D. Frequent shampooing**

A common treatment for dry scalp is applying a moisturizing scalp treatment. This approach is effective because such treatments are specifically formulated to hydrate the scalp, alleviate dryness, and restore moisture balance. Ingredients commonly found in these treatments, such as oils or humectants, can contribute to soothing irritation and flakiness, making it a targeted and beneficial remedy for dry scalp issues. The other options do not address the core problem of dryness effectively. For instance, hair gel application often focuses on styling rather than moisturizing, which means it may exacerbate scalp dryness. Regular use of heat styling tools could lead to additional dryness and damage, as heat can strip moisture from both hair and scalp. Frequent shampooing typically removes oils and moisture, which can worsen dry scalp conditions rather than improve them. Thus, moisturizing scalp treatments are the most appropriate choice for treating dryness.

## **2. When is it appropriate to apply shampoo to dry hair?**

- A. When adding moisture**
- B. When using clarifying shampoo to remove product buildup**
- C. When treating dandruff**
- D. When enhancing shine**

Applying shampoo to dry hair is appropriate when using clarifying shampoo to remove product buildup. This method allows the clarifying shampoo to penetrate and break down the residues and heavy products that might be weighing down the hair. Clarifying shampoos contain stronger cleansing agents designed to lift off oils, silicones, and other residues that regular shampoos might not effectively remove. By applying it to dry hair, it acts more effectively, targeting the buildup directly without being diluted by water initially. This technique can be particularly beneficial for individuals who frequently use styling products, such as gels or sprays, that can accumulate over time. The direct application helps to ensure that the product is thoroughly working to cleanse the hair before it is rinsed out. Other choices either do not require this method or are better suited for application on wet hair to achieve the desired effects.

**3. What technique is employed to achieve a natural-looking gradient effect in hair color?**

- A. Balayage**
- B. Ombre**
- C. Foiling**
- D. Babylights**

The technique that achieves a natural-looking gradient effect in hair color is balayage. This method involves hand-painting color onto the hair in a way that allows for a seamless transition from darker to lighter shades. The stylist applies the color in a sweeping motion, typically focusing on the mid-lengths to ends of the hair while leaving the roots darker. This creates a sun-kissed effect that mimics natural highlights, contributing to the overall softer and more blended result. Balayage is distinct from other coloring techniques because it does not rely on foils or caps; instead, it allows for a more freeform application. This flexibility enables the stylist to create customized results tailored to the individual's hair type and desired outcome. As a result, balayage is particularly favored for those looking for a low-maintenance color that grows out beautifully over time, as the growth is less noticeable compared to techniques with more defined color lines.

**4. Which type of styling product is best for adding volume to fine hair?**

- A. Heavy creams**
- B. Lightweight mousses**
- C. Oils**
- D. Gels**

Lightweight mousses are the best choice for adding volume to fine hair because they are specifically designed to provide body and lift without weighing down the hair. Mousse is a foam product that can be distributed evenly through the hair, allowing it to provide texture and support, which is beneficial for fine hair that may lack natural volume. The formulation of lightweight mousses allows them to offer hold and definition while maintaining a soft, touchable feel, making them ideal for achieving a fuller appearance. Heavy creams, while moisturizing, tend to be too thick for fine hair and can lead to a greasy or weighed-down look. Oils are great for hydration and shine but can also weigh hair down, making them less suitable for those looking to create volume. Gels can provide hold and definition but may give a stiff finish, which isn't usually conducive to volumizing fine hair. Therefore, lightweight mousses stand out as the most effective option for enhancing volume in fine hair types.

**5. Which type of haircut creates movement and texture?**

- A. A blunt cut with no layers**
- B. A pixie cut with straight edges**
- C. A textured cut with layering**
- D. A bob cut with uniform length**

A textured cut with layering is specifically designed to create both movement and texture in the hair. The layering technique involves cutting hair at different lengths, which allows for natural movement and enhances the overall shape of the hairstyle. This form of cutting helps to eliminate weight, allowing hair to fall more freely and creating a three-dimensional appearance. The texture is achieved by removing bulk and creating varying lengths, which contributes to a more dynamic look as well. In contrast, options like a blunt cut with no layers would provide a solid, straight line with minimal movement, while a pixie cut with straight edges typically has a more structured and sharp appearance, limiting natural movement. Likewise, a bob cut with uniform length lacks the layers needed to add texture, resulting in a sleek but static look. Therefore, the textured cut with layering is the only option that successfully combines these qualities for a vibrant hairstyle.

**6. How long is the typical shelf life of unopened hair color?**

- A. One year**
- B. Two years**
- C. Three years**
- D. Five years**

The shelf life of unopened hair color is typically around three years. This time frame is important because over time, the chemicals within the hair color can break down or degrade, leading to a decrease in efficacy and performance when applied to hair. The ingredients in hair dye, especially those containing ammonia and peroxide, can lose their potency, which may result in uneven color results or diminished coverage of gray hair. While some manufacturers may provide specific guidelines that could suggest variations, three years is a generally accepted standard in the industry for ensuring that the product remains effective and safe to use. It's crucial for cosmetologists to be aware of this timeline to guarantee that they are using high-quality products that provide the desired results for their clients.

**7. What is the main benefit of using a leave-in conditioner?**

- A. To provide deep conditioning overnight**
- B. To add shine before styling**
- C. To provide ongoing moisture and protection throughout the day**
- D. To enhance hair color**

Using a leave-in conditioner primarily offers ongoing moisture and protection throughout the day, making it particularly beneficial for maintaining hair health. Unlike rinse-out conditioners, which are intended for immediate use and require rinsing off, leave-in conditioners are formulated to be applied and left in the hair. This allows them to continually hydrate and protect the hair from environmental factors, heat styling, and other damaging elements. The continual presence of the leave-in conditioning agents helps to manage dryness, frizz, and tangles, while also making the hair more manageable throughout the day. Because they are designed to be lightweight and non-greasy, leave-in conditioners don't weigh the hair down, enabling a natural look while still providing essential moisture. In contrast, while a deep conditioning treatment is focused on providing intensive moisture, it typically requires a longer application time and is meant to be rinsed out after a set period. Adding shine might be a benefit of some leave-in conditioners, but it is not their main purpose. Lastly, enhancing hair color is not a primary function of leave-in conditioners; this is typically achieved through specialized color treatments instead.

**8. Which type of skin care treatment is often offered by cosmetologists?**

- A. Microdermabrasion**
- B. Chemical peels**
- C. Both A and B**
- D. Facial massages only**

Cosmetologists are trained to perform a variety of skin care treatments, and both microdermabrasion and chemical peels fall within their scope of practice. Microdermabrasion involves a mechanical exfoliation process that removes dead skin cells and improves skin texture and appearance. This treatment is popular for addressing concerns like fine lines, acne scars, and uneven skin tone. Chemical peels, on the other hand, use chemical solutions to exfoliate the skin at a deeper level, promoting cell turnover and helping to treat various skin issues, such as pigmentation irregularities and signs of aging. These treatments can range in strength from superficial to deep, depending on the desired outcome and the specific needs of the client. By offering both microdermabrasion and chemical peels, cosmetologists provide comprehensive skin care options that cater to different skin types and concerns, enhancing their clients' overall skin health and appearance. Facial massages are generally included in skin care services but do not provide the same level of skin treatment benefits that microdermabrasion and chemical peels do. Therefore, the combination of both skin care treatment types constitutes a broader and more effective approach to skin care.

**9. During which phase of hair growth does hair actively grow?**

- A. Telogen phase
- B. Anagen phase**
- C. Catagen phase
- D. Resting phase

The anagen phase is the active growth phase of hair. During this stage, hair follicles are highly active, and new hair cells are produced, leading to the growth of the hair shaft. This phase can last for several years, depending on factors like genetics and overall health, which significantly influences the length and growth rate of the hair. As a result, the majority of the hair on a person's head is in the anagen phase at any given time, contributing to the continuous growth of hair. In contrast, the other phases like telogen and catagen involve either a resting period or a transitional stage. The telogen phase is when hair growth stops, and the hair eventually sheds. The catagen phase is a short transitional period following anagen where the hair stops growing, and the follicle begins to shrink. Understanding these phases helps in recognizing the hair growth cycle and the factors that can affect hair health and growth. Thus, the anagen phase is crucial for anyone looking to maintain or encourage hair growth.

**10. What is the primary purpose of facials in cosmetology?**

- A. To apply makeup for special events
- B. To cleanse, exfoliate, and hydrate the skin**
- C. To improve skin elasticity
- D. To provide relaxation through massage

The primary purpose of facials in cosmetology is to cleanse, exfoliate, and hydrate the skin. Facials are designed with a focus on skin health, and they include steps that help remove dirt, oil, and impurities from the skin's surface, which can contribute to a clearer complexion. Exfoliation, which is part of the facial process, helps remove dead skin cells, promoting cell turnover and allowing for healthier skin to emerge. Hydration is also crucial, as it replenishes moisture, making the skin appear more plump and vibrant. While relaxing through massage and improving skin elasticity are beneficial aspects of facials, their foundational goal revolves around achieving a cleaner, smoother, and more hydrated skin surface, ensuring overall skin health. Thus, the essence of facials lies in their ability to maintain and enhance the skin's appearance and condition.