

New Mexico 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 proper temperature range for sterilizing equipment in an autoclave?**
 - A. 210°F to 230°F**
 - B. 250°F to 270°F**
 - C. 280°F to 300°F**
 - D. 300°F to 320°F**
- 2. Which technique is often used to achieve a 'beachy wave' look in hair styling?**
 - A. Flat iron waving**
 - B. French braiding**
 - C. Curling with a curling wand**
 - D. Pin curls**
- 3. What does the term "depilation" refer to?**
 - A. The removal of hair from the surface of the skin**
 - B. The process of reducing hair density on the scalp**
 - C. The technique of dyeing hair**
 - D. The application of skin treatments for hair removal**
- 4. How long is the typical shelf life of unopened hair color?**
 - A. One year**
 - B. Two years**
 - C. Three years**
 - D. Five years**
- 5. What should be avoided during a hair color treatment?**
 - A. Using high pH products**
 - B. Rinsing with cold water**
 - C. Applying to previously colored hair**
 - D. Using a conditioner after**

- 6. What is the recommended water temperature for washing hair?**
- A. Cold water**
 - B. Hot water**
 - C. Lukewarm water**
 - D. Warm water**
- 7. Which hair type usually requires more moisture and nourishment?**
- A. Straight hair**
 - B. Curly or coarse hair**
 - C. Fine or thin hair**
 - D. Wavy hair**
- 8. What role does testosterone play in hair growth?**
- A. It decreases hair thickness**
 - B. It stimulates the growth of facial and body hair**
 - C. It prevents hair loss**
 - D. It removes unwanted hair**
- 9. 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**
- 10. What is the term for unwanted facial hair removal methods?**
- A. Depilation or epilation**
 - B. Depilation only**
 - C. Shaving only**
 - D. Trimming**

Answers

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

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Explanations

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1. What is the proper temperature range for sterilizing equipment in an autoclave?

- A. 210°F to 230°F
- B. 250°F to 270°F**
- C. 280°F to 300°F
- D. 300°F to 320°F

The proper temperature range for sterilizing equipment in an autoclave is between 250°F and 270°F. This temperature range is essential because it ensures that the high heat achieves the necessary level of microbial kill, including bacteria and spores, which are more resistant to heat than other pathogens. Autoclaving works by using both temperature and pressure to eliminate all forms of microbial life, making it one of the most effective methods for sterilization in a professional setting. At temperatures below this range, sterilization may not be reliable, as insufficient heat can lead to survival of certain pathogens. Conversely, temperatures exceeding this range, while they may still achieve sterilization, can lead to damage to some instruments and equipment. Ensuring the right temperature is crucial not only for effectiveness but also for maintaining the integrity of the tools being sterilized, which is especially important in the cosmetology field where precision and safety are paramount.

2. Which technique is often used to achieve a 'beachy wave' look in hair styling?

- A. Flat iron waving
- B. French braiding
- C. Curling with a curling wand**
- D. Pin curls

To achieve a 'beachy wave' look in hair styling, curling with a curling wand is a popular technique because it creates loose, natural-looking curls that mimic the relaxed, tousled waves often associated with beach hair. The curling wand allows for varying types of curls based on how long you hold the hair around the barrel, and the absence of a clip helps create that effortless wave without the usual indentation that a clip might leave. This technique typically requires wrapping sections of hair around the wand, holding for a few seconds, and then gently releasing them, which produces a soft, textured wave that can be easily manipulated with fingers or styling products to enhance the beachy vibe. Other techniques, such as flat iron waving and pin curls, often produce more structured or defined curls rather than the loose, tousled effect desired for beachy waves. French braiding can create waves as well, but usually only if performed on damp hair and left to dry, which is not as direct or immediate as using a curling wand. Thus, using a curling wand stands out as the most effective method for achieving the desired beachy wave look.

3. What does the term "depilation" refer to?

- A. The removal of hair from the surface of the skin**
- B. The process of reducing hair density on the scalp**
- C. The technique of dyeing hair**
- D. The application of skin treatments for hair removal**

The term "depilation" specifically refers to the removal of hair from the surface of the skin. This process involves eliminating visible hair without affecting the hair follicle beneath the skin. Common methods for depilation include shaving, using depilatory creams, or waxing, which attain this goal by removing hair from the exterior. In contrast, other options describe different hair or skin-related processes. How the various options differ highlights the unique nature of depilation. Reducing hair density on the scalp pertains to techniques like thinning or reducing volume, not hair removal from the skin's surface. Dyeing hair focuses on altering the color of strands rather than removing them, marking a distinct purpose from depilation. Applying skin treatments for hair removal would typically refer to depilatory processes but could also include methods like permanent hair removal (which often affects the follicle) such as laser treatments, thus setting it apart from the basic definition of depilation. Understanding the precise definition of terms such as "depilation" benefits practitioners in ensuring they use the correct terminology for procedures in various cosmetology contexts.

4. 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.

5. What should be avoided during a hair color treatment?

- A. Using high pH products**
- B. Rinsing with cold water**
- C. Applying to previously colored hair**
- D. Using a conditioner after**

During a hair color treatment, avoiding high pH products is essential because they can cause the hair's cuticle to lift excessively. A high pH can lead to increased porosity, which allows color to penetrate too quickly and can result in uneven color distribution, damage, and dryness. The optimal pH for most hair color treatments is slightly acidic, which helps to keep the hair cuticle closed and ensures a more balanced and effective coloring process. Rinsing with cold water, on the other hand, can help to seal the cuticle after the color is applied, locking in moisture and promoting shine. Applying color to previously colored hair might be necessary for some clients, especially if they are having their roots touched up or looking for a refresh. Using a conditioner after coloring can also be beneficial, as it helps to moisturize and protect the hair post-treatment. Therefore, maintaining a balanced pH level during a hair color treatment is crucial for achieving the best results without damaging the hair.

6. What is the recommended water temperature for washing hair?

- A. Cold water**
- B. Hot water**
- C. Lukewarm water**
- D. Warm water**

The recommended water temperature for washing hair is lukewarm water because it effectively cleanses the scalp and hair without causing damage. Lukewarm water helps to open up the hair cuticles, allowing for the removal of dirt, excess oils, and product buildup. Unlike hot water, which can strip natural oils and lead to dryness or damage, lukewarm water provides a balanced approach that maintains moisture levels. It also helps in better lathering of shampoos, ensuring a thorough cleanse without compromising hair health. Using cold water may not be as effective at removing oils and dirt, while very hot water can lead to an unhealthy scalp and brittle hair. Therefore, lukewarm water is ideal for both cleansing and preparing the hair for conditioning treatments, making it the best choice for washing hair.

7. Which hair type usually requires more moisture and nourishment?

- A. Straight hair**
- B. Curly or coarse hair**
- C. Fine or thin hair**
- D. Wavy hair**

Curly or coarse hair typically requires more moisture and nourishment due to its unique structure. The twists and bends in curly hair prevent natural oils produced by the scalp from traveling down the hair shaft effectively. This can lead to dryness and frizz, making moisturizing products essential for maintaining its health and manageability. Coarse hair, while often stronger, can also have a more porous nature, absorbing moisture but losing it just as quickly. Therefore, it benefits from rich conditioners and hydrating treatments that help to retain moisture and enhance its natural curl pattern. Regular moisture and nourishment are vital to combat dryness and maintain the hair's elasticity, shine, and overall appearance. Other hair types, such as straight, fine, or wavy, generally require different care routines focused on their unique characteristics, which do not emphasize the same level of moisture needs.

8. What role does testosterone play in hair growth?

- A. It decreases hair thickness**
- B. It stimulates the growth of facial and body hair**
- C. It prevents hair loss**
- D. It removes unwanted hair**

Testosterone plays a significant role in hair growth, particularly in the development of facial and body hair. This androgen hormone promotes the transformation of fine vellus hair into thicker and more visible terminal hair during puberty, leading to increased hair growth in males, particularly on the face and body. The action of testosterone is facilitated by its conversion into dihydrotestosterone (DHT), which is a more potent androgen that has a strong influence on hair follicle characteristics. Higher levels of testosterone and DHT are associated with the development of secondary sexual characteristics, including the growth of facial hair and increased body hair density. In terms of hair loss prevention or removal, testosterone does not play a direct role in preventing hair loss in areas where it can contribute to male pattern baldness. Nor does it have an effect on the removal of unwanted hair; these aspects involve other hormonal and genetic factors. Thus, the role of testosterone in stimulating the growth of facial and body hair is accurately reflected in the provided answer.

9. 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.

10. What is the term for unwanted facial hair removal methods?

- A. Depilation or epilation**
- B. Depilation only**
- C. Shaving only**
- D. Trimming**

The term for unwanted facial hair removal methods encompasses both depilation and epilation. Depilation refers to methods that remove hair at or just below the skin's surface, such as shaving or using depilatory creams. Epilation, on the other hand, involves removing hair from the root, which can be done through methods like waxing or tweezing. Using both terms is appropriate because unwanted facial hair can be addressed through various techniques that fall under these two categories. Recognizing both depilation and epilation provides a comprehensive understanding of the various methods available for hair removal, highlighting that this process can involve different techniques for different preferences or needs.

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://newmexicocosmetology.examzify.com>

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