

New Mexico Cosmetology Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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 technique is used to blend hair extensions for a natural look?**
 - A. Cutting**
 - B. Feathering**
 - C. Texturizing**
 - D. Layering**
- 2. What is the primary benefit of using alcohol in styling products?**
 - A. It provides moisture**
 - B. It helps to extend hold**
 - C. It enhances shine**
 - D. It nourishes hair**
- 3. What technique can be used to create curls in straight hair using heat?**
 - A. Curling with a curling iron**
 - B. Blow-drying**
 - C. Using a flat iron**
 - D. Braid setting**
- 4. How should tools and implements be sanitized after use?**
 - A. They should be stored in a dry place**
 - B. They should be thrown away**
 - C. They should be cleaned, disinfected, and stored properly**
 - D. They should only be rinsed with water**
- 5. What are the four basic haircutting techniques?**
 - A. Blunt, layering, curling, and texturizing**
 - B. Blunt, foiling, thinning, and setting**
 - C. Blunt, layering, thinning, and texturizing**
 - D. Blunt, shaping, feathering, and texturizing**

- 6. Which tool is primarily used for the precise cutting of hair?**
- A. Thinning shears**
 - B. Razors**
 - C. Hair clippers**
 - D. Scissors**
- 7. What is the effect of using a hot tool on wet hair?**
- A. It enhances curl formation**
 - B. It can cause severe damage**
 - C. It provides extra shine**
 - D. It helps set styles faster**
- 8. What is a common effect of using chemical hair relaxers?**
- A. Increased hair volume**
 - B. Enhanced natural texture**
 - C. Smooth and straight hair**
 - D. Color fading**
- 9. What is the purpose of a setting lotion?**
- A. To remove buildup from hair**
 - B. To provide hold and structure to hairstyles**
 - C. To moisturize dry hair**
 - D. To enhance color vibrancy**
- 10. Name one key symptom of athlete's foot.**
- A. Flaky skin on the scalp**
 - B. Itching and redness between the toes**
 - C. Painful blisters on the palms**
 - D. Swelling in the ankles**

Answers

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

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Explanations

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1. What technique is used to blend hair extensions for a natural look?

- A. Cutting**
- B. Feathering**
- C. Texturizing**
- D. Layering**

Feathering is a technique employed to create a softer, more blended appearance when working with hair extensions. This method involves cutting the hair at varying lengths, which helps to dissolve the harsh lines that can result from adding extensions. By angling the scissors and manipulating the hair in this way, the stylist can achieve a seamless transition between the natural hair and the extensions, resulting in a more natural look. This blending is crucial for ensuring that the extensions sit well with the client's existing hair, making the overall style appear cohesive and natural rather than obvious or artificial. Moreover, feathering allows for movement and texture in the hair, which enhances the overall aesthetic. The technique complements other blending methods but is particularly effective in softening the edges around the extensions.

2. What is the primary benefit of using alcohol in styling products?

- A. It provides moisture**
- B. It helps to extend hold**
- C. It enhances shine**
- D. It nourishes hair**

The primary benefit of using alcohol in styling products is that it helps to extend hold. Alcohol is often included in formulations to ensure that the product can effectively set and maintain styles for longer periods. It acts as a solvent that helps dissolve other ingredients and allows for the even distribution of the styling product on the hair. When applied, alcohol helps evaporate quickly, leaving behind a lightweight film that grips the hair, providing structure and hold without weighing it down. In contrast, moisture and nourishment are typically associated with hydrating ingredients rather than alcohol, which can sometimes have a drying effect on hair. Likewise, while some styling products may include components that enhance shine, alcohol itself does not primarily serve that purpose. Instead, shine is usually achieved through oils or silicones that add luster and smooth the hair's surface. Therefore, the capability of alcohol to contribute to a product's holding power stands out as its primary benefit in the context of styling.

3. What technique can be used to create curls in straight hair using heat?

- A. Curling with a curling iron**
- B. Blow-drying**
- C. Using a flat iron**
- D. Braid setting**

The technique of curling with a curling iron is effective for creating curls in straight hair using heat because it provides direct and controlled application of heat to the strands. A curling iron allows for different barrel sizes, giving the stylist the ability to create various types of curls, from tight ringlets to loose waves, based on the desired look. When the hair is wrapped around the heated barrel of the curling iron, the heat from the iron reshapes the hair's hydrogen bonds, allowing it to take on the new curl pattern as it cools. This method is popular because of its efficiency and versatility, making it easy to achieve a wide range of styling options. Blow-drying can be used to add volume and some wave to the hair, but it is not specifically aimed at creating defined curls; hence, it doesn't fulfill the primary goal of curling straight hair. Using a flat iron can also create curls, but it's more suited for creating waves or flips rather than traditional curls. Braid setting relies on the natural wave pattern achieved through braiding damp hair, which does not involve heat and may take longer to achieve results. Therefore, curling with a curling iron is the most direct method for achieving defined curls using heat on straight hair.

4. How should tools and implements be sanitized after use?

- A. They should be stored in a dry place**
- B. They should be thrown away**
- C. They should be cleaned, disinfected, and stored properly**
- D. They should only be rinsed with water**

Sanitizing tools and implements after use is a fundamental practice in cosmetology to ensure the safety and health of clients. The correct choice emphasizes a comprehensive approach: tools must be cleaned, disinfected, and then stored properly. Cleaning involves removing organic matter and debris which can harbor bacteria. Disinfection follows, where tools are treated with appropriate agents that kill or inhibit the growth of microorganisms. Finally, proper storage ensures that these sanitized tools do not come into contact with contaminants before their next use. This multi-step process is essential for maintaining a hygienic environment in any cosmetology practice. The other choices lack the necessary steps to properly sanitize tools. Simply storing tools in a dry place does not ensure they are free from pathogens and contaminants. Throwing tools away is not practical or sustainable, as many tools can be effectively cleaned and reused. Rinsing with water alone does not effectively eliminate germs or bacteria, making it an insufficient sanitation method. Therefore, the comprehensive approach outlined in the correct choice is essential for effective sanitation in cosmetology settings.

5. What are the four basic haircutting techniques?

- A. Blunt, layering, curling, and texturizing
- B. Blunt, foiling, thinning, and setting
- C. Blunt, layering, thinning, and texturizing**
- D. Blunt, shaping, feathering, and texturizing

The four basic haircutting techniques include blunt cutting, layering, thinning, and texturizing because they represent the foundational methods utilized to create a variety of hair shapes and styles. Blunt cutting involves creating a straight cut across the ends of the hair, resulting in a solid, even length that provides a clean and polished look. This technique is essential for achieving strong lines and is often used as a basic technique for various styles. Layering involves cutting the hair at different lengths to create movement, volume, and texture. This technique can help reduce bulk in thick hair and adds dimension to hairstyles, making it versatile for various hair types. Thinning is the technique used to remove some of the bulk from the hair without necessarily changing the overall length. This is often achieved with thinning shears or texturizing shears and is particularly useful for heavy or thick hair types, helping to make hairstyles more manageable. Texturizing refers to softening the edges and creating a more shaggy, layered look through various cutting techniques that add depth and dimension. This is often done in conjunction with other cutting methods to enhance the overall styling effect. Together, these four techniques form the core components of haircutting that stylists can manipulate and blend to achieve unique and personalized

6. Which tool is primarily used for the precise cutting of hair?

- A. Thinning shears
- B. Razors
- C. Hair clippers
- D. Scissors**

The tool primarily used for the precise cutting of hair is scissors. Scissors are designed specifically for cutting hair with precision and control, allowing the stylist to create clean lines and detailed shapes in the hair. Their sharp, straight blades enable cutting techniques that require accuracy, such as blunt cuts or layering, making them an essential tool in a cosmetologist's kit. Thinning shears, while useful for blending and reducing bulk, do not cut hair in a straight line, which is necessary for achieving defined styles. Razors are primarily used for texturizing and creating softer, more feathered edges, but they do not provide the same level of precision as scissors for straight cuts. Hair clippers are designed for cutting hair to a uniform length rather than for detailed styling, making them less suitable for precise cutting tasks. Therefore, scissors are the tool that best fits the need for precision in hair cutting.

7. What is the effect of using a hot tool on wet hair?

- A. It enhances curl formation**
- B. It can cause severe damage**
- C. It provides extra shine**
- D. It helps set styles faster**

Using a hot tool on wet hair can indeed cause severe damage. Wet hair is in a more fragile state than dry hair due to its increased elasticity and the presence of water, which expands the hair shaft. When heat is applied to hair that is still wet, the moisture trapped inside the hair can rapidly turn into steam, which can lead to a number of negative effects. This includes causing the hair to bubble, which can create weak spots, split ends, or even lead to breakage. The high temperature can destroy the protein structure of the hair, leading to irreversible damage and a generally unhealthy appearance. Practicing caution and ensuring hair is fully dry before using hot tools is essential for maintaining hair health. The other options don't accurately reflect the reality of using heat on wet hair. While it may seem that heat would enhance styles or curls, doing so on wet hair can prevent effective styling and yield poor results.

8. What is a common effect of using chemical hair relaxers?

- A. Increased hair volume**
- B. Enhanced natural texture**
- C. Smooth and straight hair**
- D. Color fading**

Using chemical hair relaxers primarily works by breaking the disulfide bonds in the hair, which allows the hair to be straightened. The result is smooth and straight hair, making this option the correct choice. Chemical relaxers are particularly effective for individuals with naturally curly or wavy hair. By altering the hair's structure, these products provide a sleek look that significantly reduces frizz and curl, leading to easier manageability for the hair. In contrast, increased hair volume is often the objective of other hair treatments but would not be a typical result of using relaxers. Enhanced natural texture reflects maintaining the original curl pattern, which contradicts the purpose of relaxation. Similarly, color fading can occur due to various factors, including the chemical processes involved in hair coloring or relaxing, but it is not a primary or common effect of using hair relaxers in isolation.

9. What is the purpose of a setting lotion?

- A. To remove buildup from hair
- B. To provide hold and structure to hairstyles**
- C. To moisturize dry hair
- D. To enhance color vibrancy

A setting lotion is specifically designed to provide hold and structure to hairstyles. This product is particularly useful in preparing the hair for styling techniques such as curls, waves, or updos. It typically contains polymers and other film-forming agents that help create a lasting shape, enabling the hair to maintain its style throughout the day or during an event. Setting lotions work by allowing the stylist to mold and shape the hair, and then as the lotion dries, it helps the style remain intact. This makes it an essential product for achieving defined and structured hairstyles that require a longer wear time. Moisturizing or color enhancement products serve different purposes, focusing on hydration and vibrancy rather than structure and hold. Similarly, hair buildup removal is a completely distinct function, highlighting the specialized role that a setting lotion plays in hairstyling.

10. Name one key symptom of athlete's foot.

- A. Flaky skin on the scalp
- B. Itching and redness between the toes**
- C. Painful blisters on the palms
- D. Swelling in the ankles

Itching and redness between the toes is a hallmark symptom of athlete's foot, a common fungal infection. The condition typically occurs in warm, moist areas of the body, such as between the toes, and manifests with these specific symptoms due to the irritation and inflammation caused by the infection. The fungus thrives in environments like sweaty socks and footwear, making this area particularly susceptible to infection. Recognizing this symptom is essential for early diagnosis and treatment, which can prevent the infection from spreading or worsening. The other symptoms listed are characteristic of different conditions: flaky skin on the scalp is often associated with dandruff or seborrheic dermatitis, painful blisters on the palms are indicative of hand-foot-and-mouth disease or other types of viral infections, and swelling in the ankles can be due to a variety of issues such as injury, fluid retention, or allergies, but are not symptoms related to athlete's foot.

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!