

NEW MEXICO COSMETOLOGY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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 is the primary purpose of a manicure?**
 - A. To enhance the appearance and health of the hands and nails
 - B. To add artificial nails
 - C. To change nail color only
 - D. To remove hangnails
- 2. Which benefit do deep conditioning treatments provide?**
 - A. Permanent hair straightening
 - B. Restoration of moisture to the hair
 - C. Prolonged hairstyle hold
 - D. Promotion of hair growth
- 3. What does a color wheel help a cosmetologist with?**
 - A. Choosing the right shampoo
 - B. Understanding color relationships and contrast
 - C. Selecting hair products
 - D. Determining the right haircut style
- 4. What is the function of the dermis layer of the skin?**
 - A. Provides strength, elasticity, and nourishment to the skin
 - B. Acts as a barrier to prevent water loss
 - C. Regulates body temperature and sweat production
 - D. Contains nerve endings for sensation
- 5. What is a skin type that is easily irritated and prone to redness?**
 - A. Oily skin
 - B. Dry skin
 - C. Combination skin
 - D. Sensitive skin
- 6. Which of the following is important to consider when selecting hair dye?**
 - A. Only the color name
 - B. The pH level of the dye
 - C. Potential allergic reactions
 - D. Cost of the dye

7. 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

8. What is the purpose of a base coat in nail services?

- A. To provide color to the nails
- B. To protect the natural nail and help polish adhere
- C. To strengthen weak nails
- D. To create a matte finish

9. 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

10. What is the function of a leave-in conditioner?

- A. Provides temporary shine
- B. Seals moisture and protects hair
- C. Cleanses the scalp
- D. Prepares hair for styling

Answers

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

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Explanations

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1. What is the primary purpose of a manicure?

- A. To enhance the appearance and health of the hands and nails
- B. To add artificial nails
- C. To change nail color only
- D. To remove hangnails

The primary purpose of a manicure is to enhance the appearance and health of the hands and nails. This encompasses not only making the nails look aesthetically pleasing but also promoting their health through proper care, shaping, and moisturizing. During a manicure, various treatments are typically applied, including cuticle care, nail trimming, buffing, and the application of nail polish or other protective coatings. While adding artificial nails, changing nail color, and removing hangnails are components or specific services associated with manicures, they fall under the broader category of nail care. The holistic approach to improving the overall condition and look of the hands and nails defines the essence of a manicure. Thus, the emphasis is on a more comprehensive enhancement, encompassing both beauty and health.

2. Which benefit do deep conditioning treatments provide?

- A. Permanent hair straightening
- B. Restoration of moisture to the hair
- C. Prolonged hairstyle hold
- D. Promotion of hair growth

Deep conditioning treatments are specifically designed to restore moisture to the hair. These treatments typically contain a variety of nourishing ingredients that penetrate the hair shaft, helping to replenish lost moisture and improve overall hair health. This is particularly beneficial for dry, damaged, or chemically treated hair, as it helps to enhance elasticity, reduce breakage, and promote a smoother, shinier appearance. While the other options may relate to various hair treatments, they do not align with the primary purpose of deep conditioning. For instance, permanent hair straightening involves a chemical process to alter the hair's structure, which is not the goal of deep conditioning. Prolonged hairstyle hold usually refers to the use of styling products that help maintain a style, rather than improving hair condition. Promotion of hair growth is often linked to scalp treatments or specific products designed to stimulate follicles rather than addressing the immediate moisture needs of the hair itself. Thus, the primary benefit of deep conditioning treatments is indeed the restoration of moisture to the hair.

3. What does a color wheel help a cosmetologist with?

- A. Choosing the right shampoo
- B. Understanding color relationships and contrast**
- C. Selecting hair products
- D. Determining the right haircut style

A color wheel is an essential tool for cosmetologists that provides a visual representation of colors and their relationships to one another. By using a color wheel, a cosmetologist can understand how colors interact, which is crucial when selecting hair dye, makeup, or even nail polish shades. The wheel showcases primary, secondary, and tertiary colors, revealing how different colors can complement or contrast with each other. This understanding helps in creating harmonious color combinations, particularly when addressing a client's preferences or correcting unwanted tones in hair color. For example, knowing that opposite colors on the wheel can neutralize each other (such as using a green toner to cancel out red tones) is a vital skill for effective color correction. Other options, while related to the broader context of cosmetology, do not directly leverage the specific functionality of the color wheel. Choosing a shampoo would be more influenced by hair type or scalp condition rather than color relationships. Selecting hair products typically revolves around the specific needs or desired effects for the hair rather than color theory. Determining haircut styles is generally based on face shape and personal style rather than color. Hence, the understanding of color relationships and contrast is paramount for a cosmetologist when utilizing a color wheel.

4. What is the function of the dermis layer of the skin?

- A. Provides strength, elasticity, and nourishment to the skin**
- B. Acts as a barrier to prevent water loss
- C. Regulates body temperature and sweat production
- D. Contains nerve endings for sensation

The dermis layer of the skin plays a crucial role in providing strength, elasticity, and nourishment. This layer is situated beneath the epidermis and is primarily made up of connective tissue, which contains collagen and elastin fibers. These fibers contribute to the skin's firmness and ability to stretch and rebound, thereby maintaining the skin's structural integrity. Furthermore, the dermis houses various blood vessels, which supply nutrients and oxygen to the skin while removing waste products. This nourishment is essential for the overall health of the skin, including its healing processes. The presence of other components such as hair follicles, sweat glands, and sebaceous glands, further reinforces the dermis's role in supporting skin function and health. The other functions mentioned in the other choices are indeed significant aspects of skin physiology but are not the primary role of the dermis. For example, while the epidermis plays a key role in acting as a barrier to prevent water loss, and other layers help regulate body temperature, the specific function of providing strength, elasticity, and nourishment distinctly defines what the dermis accomplishes. Additionally, while the dermis does contain nerve endings for sensation, this is part of a broader network of skin functions, further highlighting that its main purpose is related to structural support.

5. What is a skin type that is easily irritated and prone to redness?

- A. Oily skin
- B. Dry skin
- C. Combination skin
- D. Sensitive skin**

Sensitive skin is characterized by a heightened reactivity to various environmental factors, products, or treatments, making it easily irritated and prone to redness. This skin type often experiences discomfort, such as itching, burning, or stinging sensations, even in response to products that may be well-tolerated by other skin types. This sensitivity can arise from several factors, including a damaged skin barrier, underlying skin conditions like eczema or rosacea, and environmental stressors such as pollution or harsh weather. People with sensitive skin typically benefit from gentle, calming skincare products that are free from irritants like fragrance, alcohol, or harsh exfoliants. Understanding the delicate nature of sensitive skin is crucial for selecting appropriate products and treatments to maintain its health and minimize irritation.

6. Which of the following is important to consider when selecting hair dye?

- A. Only the color name
- B. The pH level of the dye
- C. Potential allergic reactions**
- D. Cost of the dye

When selecting hair dye, it is essential to consider potential allergic reactions because some individuals may have sensitivities or allergies to specific ingredients commonly found in hair coloring products. Allergic reactions can range from mild irritation to severe skin reactions, making it crucial for anyone using hair dye to do a patch test before applying the product to the entire scalp and hair. This precaution helps to ensure that the dye will not cause an adverse reaction and allows the person to enjoy the cosmetic benefits of the hair color without compromising their health. Other factors such as the pH level and cost of the dye are also relevant in the decision-making process; however, the immediate safety concern of potential allergic reactions takes precedence. The color name may describe the shade but does not provide any critical information about the dye's suitability for a person's skin type or possible allergic issues.

7. 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

8. What is the purpose of a base coat in nail services?

- A. To provide color to the nails
- B. To protect the natural nail and help polish adhere**
- C. To strengthen weak nails
- D. To create a matte finish

The purpose of a base coat in nail services primarily revolves around its role in protecting the natural nail and enhancing the adherence of nail polish. When applied before colored polish, the base coat acts as a barrier, preventing staining and damage to the nail's surface while also ensuring that the subsequent layers of polish adhere better. This improves the longevity of the nail color and prevents chipping, as the base coat provides a smooth surface for the polish to latch onto. While some may confuse a base coat with other products such as top coats or color polishes, its unique function caters specifically to preparation and protection. The base coat is not designed to provide color itself, strengthen nails, or create a matte finish; those functions are typically fulfilled by other types of products in a nail care regimen.

9. 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.

10. What is the function of a leave-in conditioner?

- A. Provides temporary shine
- B. Seals moisture and protects hair**
- C. Cleanses the scalp
- D. Prepares hair for styling

The function of a leave-in conditioner primarily revolves around sealing moisture and protecting the hair. Leave-in conditioners are formulated to be lightweight and typically contain moisturizing agents that penetrate the hair shaft, helping to maintain hydration levels. This is particularly important for individuals with dry or damaged hair, as leave-in conditioners can help prevent further damage by creating a protective barrier around each hair strand. Additionally, leave-in conditioners can help reduce frizz, enhance manageability, and improve the overall texture of the hair, making it easier to style. Because they remain in the hair after the washing process, they continuously provide these benefits throughout the day. While other products may provide temporary shine or assist in cleansing, those functions do not encompass the primary role of leave-in conditioners. Their main purpose is centered on moisture retention and protection, which is crucial for healthy hair care.

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!

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