

Ontario Hairstyling Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. Which haircut technique is not advisable for thick hair?**
 - A. Layered cut**
 - B. Thinning**
 - C. Blunt cut**
 - D. Texturizing**
- 2. Soft water is primarily derived from which source?**
 - A. Well water**
 - B. Sea water**
 - C. Rain water**
 - D. Tap water**
- 3. When performing a color service, what is the purpose of using 30 volume developer?**
 - A. To darken hair**
 - B. To lighten hair**
 - C. To add shine**
 - D. To deposit color**
- 4. What is one primary benefit of a proper hair care routine?**
 - A. It allows for frequent hair dyeing**
 - B. It minimizes heat damage from styling tools**
 - C. It completely eliminates split ends**
 - D. It encourages faster hair growth**
- 5. To offset the appearance of a round or square face shape, what should you aim to create?**
 - A. Height at the crown**
 - B. Width between temples and jaw**
 - C. Volume at the sides**
 - D. Fringe across the forehead**
- 6. What term describes a muscle that does not move?**
 - A. Insertion**
 - B. Origin**
 - C. Flexor**
 - D. Extensor**

- 7. What type of microorganism is classified as a bacterium?**
- A. One-celled organism**
 - B. Multi-celled organism**
 - C. Virus**
 - D. Fungi**
- 8. What is the study of hair, skin, nails, and their diseases called?**
- A. Dermatology**
 - B. Cosmetology**
 - C. Trichology**
 - D. Oncology**
- 9. How does a clarifying shampoo differ from regular shampoo?**
- A. It is more expensive**
 - B. It removes buildup while regular shampoo cleans gently**
 - C. It offers added vitamins**
 - D. It has a stronger fragrance**
- 10. What is the term for a haircut that gradually gets longer toward the head?**
- A. Taper**
 - B. Layered Cut**
 - C. Bald Fade**
 - D. Undercut**

Answers

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

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Explanations

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1. Which haircut technique is not advisable for thick hair?

- A. Layered cut
- B. Thinning
- C. Blunt cut**
- D. Texturizing

A blunt cut is often not advisable for thick hair because this technique typically results in a heavier and more solid line at the ends of the hair. Thick hair naturally has a lot of volume and weight, and a blunt cut can enhance this, leading to a look that may feel unmanageable and too bulky. It can also cause the hair to appear wider and even thicker, which might not be the desired effect for those looking to reduce bulk. In contrast, techniques such as layering, thinning, and texturizing are more effective for managing thick hair. Layering involves cutting the hair into different lengths, which can help to remove volume and create movement. Thinning reduces the overall density of the hair, allowing it to lie more smoothly and making styling easier. Texturizing adds dimension and softness to thick hair, which can make it more manageable and improve its overall appearance.

2. Soft water is primarily derived from which source?

- A. Well water
- B. Sea water
- C. Rain water**
- D. Tap water

Soft water is primarily derived from rainwater due to its natural process of distillation in the atmosphere. As rain falls, it typically contains low concentrations of dissolved minerals, particularly calcium and magnesium, which are responsible for water hardness. When rainwater percolates through soil and rocks, it may pick up some minerals, but it remains relatively soft compared to sources like well water, which can contain higher levels of minerals due to groundwater interactions. In contrast, sea water is saline and contains high concentrations of dissolved minerals, making it the opposite of soft water. Tap water might have varying levels of hardness depending on the municipal water supply's source, but it typically includes minerals that can contribute to hardness. Well water can also be quite hard due to its geological environment. Therefore, rainwater is the best answer, as it naturally tends to be soft before it interacts with soils or rocks.

3. When performing a color service, what is the purpose of using 30 volume developer?

- A. To darken hair**
- B. To lighten hair**
- C. To add shine**
- D. To deposit color**

Using 30 volume developer is commonly associated with lightening hair during color services. This is due to its ability to lift the hair's natural pigment while also offering some degree of color deposit. The volume indicates the strength of the developer; specifically, 30 volume developer contains 9% hydrogen peroxide, which is effective for achieving multiple levels of lift, particularly on darker hair. When lightening hair, the developer works in conjunction with the bleaching agent to break down the natural melanin in the hair, resulting in a lighter shade. This makes it suitable for clients looking to achieve significantly lighter results or to create blonde highlights. In contrast, lower volumes (like 10 or 20 volume) are more suitable for deposit-only color processes or subtle lightening. Therefore, the primary purpose of 30 volume developer is to facilitate the lightening process during a color service.

4. What is one primary benefit of a proper hair care routine?

- A. It allows for frequent hair dyeing**
- B. It minimizes heat damage from styling tools**
- C. It completely eliminates split ends**
- D. It encourages faster hair growth**

Maintaining a proper hair care routine plays a crucial role in minimizing heat damage caused by styling tools. By incorporating protective measures, such as using heat protectant products before styling, limiting the use of heat, and selecting the correct temperature settings on styling devices, individuals can significantly reduce the risk of damage to their hair. Heat can lead to weakened hair structure, resulting in dryness, brittleness, and breakage over time. Therefore, a well-structured routine focused on minimizing heat exposure helps to maintain hair health and longevity, making it a primary benefit of caring for hair properly. Other options, while they may seem relevant, do not align with the core benefits derived from a proper hair care regimen. For instance, while hair dyeing may be part of an individual's routine, a proper hair care practice focuses more on health preservation than on frequency of dyeing. Split ends can be managed and minimized through care, but they cannot be completely eliminated, as hair naturally experiences wear and tear. Faster hair growth is influenced by various factors, including genetics and health, and while a good routine might promote better overall hair health, it does not directly influence the rate of hair growth.

5. To offset the appearance of a round or square face shape, what should you aim to create?

A. Height at the crown

B. Width between temples and jaw

C. Volume at the sides

D. Fringe across the forehead

To effectively offset the appearance of a round or square face shape, creating height at the crown is most essential. This technique elongates the face, making it appear more oval and balanced. Height at the crown draws the eye upward and helps to narrow the face visually, which can counteract the width that typically characterizes round or square shapes. By enhancing the vertical dimension, the overall proportions of the face can become more harmonious. Other elements like width between the temples and jaw don't contribute to balancing these specific face shapes. Instead, if you're creating width at the temples and jaw, it can emphasize the squareness or roundness rather than soften those angles. Volume at the sides may actually add to the width or roundness of the face, thus counterproductive to the goal. A fringe across the forehead could also lead to a rounded effect, rather than elongating the face. Therefore, creating height at the crown is the most effective strategy in hairstyling to achieve a more flattering and proportionate appearance for round or square face shapes.

6. What term describes a muscle that does not move?

A. Insertion

B. Origin

C. Flexor

D. Extensor

The term that describes a muscle that does not move is known as the origin. In anatomical terminology, the origin of a muscle refers to the fixed attachment point, which does not move during muscle contraction. This point is typically located closer to the midline of the body or the trunk, and it serves as a stable anchor for the muscle as it contracts to produce movement at the joint. Understanding the concept of origin is crucial in the field of hairstyling and other bodywork practices because it relates to how muscles operate during various movements. Knowing which part of a muscle remains stationary allows professionals to understand better how to position their bodies and ensure their techniques promote both efficiency and safety. In contrast, the insertion of a muscle would be the end that moves when the muscle contracts, while flexor and extensor are terms referring to types of muscles based on their function in moving joints, rather than their position during contraction.

7. What type of microorganism is classified as a bacterium?

- A. One-celled organism**
- B. Multi-celled organism**
- C. Virus**
- D. Fungi**

A bacterium is classified as a one-celled organism, known scientifically as a prokaryote. This classification is based on its structure, as bacteria are single-celled organisms that do not have a nucleus or other membrane-bound organelles, which distinguishes them from multi-celled organisms and other types of microorganisms. Understanding the characteristics of bacteria is important in hairstyling and beauty practices, especially when considering sanitation and hygiene. Bacteria can be involved in both beneficial processes (like those that help with hair health) and harmful processes (such as infections). Hence, knowledge of what bacteria are and how they function can significantly enhance a hairstylist's ability to provide safe and effective services. In contrast, multi-celled organisms consist of more than one cell and include things like plants and animals. Viruses are fundamentally different, as they require a host cell to reproduce and are not classified as living organisms in the same way that bacteria are. Fungi, while also microorganisms, are distinct from bacteria due to their more complex cellular structure, often being multi-celled and having a different mode of reproduction. Understanding these distinctions aids in the application of proper sanitization techniques in hairstyling practices.

8. What is the study of hair, skin, nails, and their diseases called?

- A. Dermatology**
- B. Cosmetology**
- C. Trichology**
- D. Oncology**

The study of hair, skin, nails, and their diseases is called trichology. This field specifically focuses on hair health, including conditions affecting the scalp and hair growth, making it essential for those looking to understand hair-related issues deeply. It involves examining the biology of hair and the scalp, diagnosing disorders, and providing treatment recommendations. While dermatology often includes skin conditions and can overlap with trichology, it is broader and focuses on various skin disorders rather than specializing solely in hair. Cosmetology encompasses a wider range of beauty treatments, including hair, nail, and skin care, but does not specifically refer to the study of those elements and their diseases. Oncology pertains specifically to the study of cancer, which does not align with the question regarding hair, skin, and nails. Understanding the specific focus of trichology is vital for anyone in the hairstyling and beauty industry, as it equips them to address hair health and related conditions effectively.

9. How does a clarifying shampoo differ from regular shampoo?

- A. It is more expensive**
- B. It removes buildup while regular shampoo cleans gently**
- C. It offers added vitamins**
- D. It has a stronger fragrance**

A clarifying shampoo differs from regular shampoo primarily in its formulation and purpose. It is specifically designed to remove buildup from products such as styling gels, hairsprays, and even minerals from hard water that can accumulate on the hair over time. This buildup can weigh down hair and affect its overall appearance and health. Regular shampoos are typically formulated for gentle cleansing and maintenance, focusing on day-to-day dirt and oil without targeting the accumulated products as intensely. Clarifying shampoos often contain stronger surfactants or a higher concentration of cleansing agents, which allows them to effectively strip away these residues, making them suitable for occasional use—especially for individuals who use many styling products or have hard water. It's important to use clarifying shampoos sparingly, as frequent use can lead to dryness or damage, contrasting with the gentler approach of regular shampoos aimed at maintaining moisture and health. This understanding of the functional differences highlights why the correct choice emphasizes the unique role of clarifying shampoo in contrast to regular shampoo.

10. What is the term for a haircut that gradually gets longer toward the head?

- A. Taper**
- B. Layered Cut**
- C. Bald Fade**
- D. Undercut**

The term for a haircut that gradually gets longer toward the head is known as a taper. In a taper haircut, the hair is cut shorter at the bottom and gradually increases in length as it moves up toward the top of the head. This creates a smooth transition and helps maintain a clean and polished look while still allowing for some length at the crown. A taper is often used to achieve a classic, well-groomed appearance and can be found in various styles, from professional to casual. It's important to note that a taper can be combined with other haircut styles, such as in a tapered undercut, where the sides and back are tapered while leaving more length on the top. In contrast, a layered cut involves cutting hair at different lengths throughout, which adds volume and texture rather than a gradual increase in length. A bald fade features a more abrupt transition from very short to longer hair, and an undercut typically sees the hair on top left longer while the sides and back are clipped very short, differing significantly from a taper cut's gradual approach.

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://ontariohairstyling.examzify.com>

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