

Ontario Hairstyling 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. Which face shape is best complemented by longer hair styles that add height?**
 - A. Round face**
 - B. Square face**
 - C. Oval face**
 - D. Heart face**
- 2. What tool is recommended for achieving precision in short hairstyles?**
 - A. A pair of thinning shears**
 - B. A round brush**
 - C. A straight razor**
 - D. A comb**
- 3. What is the primary action of a reduction reaction?**
 - A. Removing carbon dioxide and adding oxygen**
 - B. Removing oxygen and adding hydrogen**
 - C. Adding oxygen and water**
 - D. Removing hydrogen and adding carbon**
- 4. On average, how much does hair grow in a month?**
 - A. 1 inch**
 - B. 1/2 inch**
 - C. 3/4 inch**
 - D. 1/4 inch**
- 5. What does the term "lowlights" refer to in hair coloring?**
 - A. Lighter shades applied to the hair**
 - B. Darker shades added to add depth and dimension**
 - C. Highlights for a natural look**
 - D. Treatments to reinforce color**
- 6. Which color is used to neutralize yellow in hair?**
 - A. Blue**
 - B. Violet**
 - C. Green**
 - D. Red**

- 7. Which hair type is most susceptible to damage?**
- A. Curly hair**
 - B. Fine hair**
 - C. Coarse hair**
 - D. Thick hair**
- 8. What type of relaxer has a pH above 10?**
- A. Alkaline relaxer**
 - B. Thio relaxer**
 - C. Acid relaxer**
 - D. Neutralizer**
- 9. What is the term for a haircut that gradually gets longer toward the head?**
- A. Taper**
 - B. Layered Cut**
 - C. Bald Fade**
 - D. Undercut**
- 10. What condition is identified by the presence of head lice?**
- A. Scabies**
 - B. Pellagra**
 - C. Pediculosis**
 - D. Dermatitis**

Answers

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

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Explanations

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1. Which face shape is best complemented by longer hair styles that add height?

- A. Round face**
- B. Square face**
- C. Oval face**
- D. Heart face**

Longer hairstyles that add height are particularly beneficial for individuals with a round face shape. The reason for this is that round faces tend to have softer angles and appear fuller. Longer hair can create the illusion of length, helping to elongate the appearance of the face. By adding height with layered styles or volume at the crown, these hairstyles visually balance the softer curves of a round face, creating a more oval-like appearance. In contrast, other face shapes have different styling needs. For instance, an oval face generally has balanced proportions, so various hairstyles can complement it without the specific necessity for height. A square face benefits from softer styles that help to round off the strong jawline, while heart-shaped faces typically do well with styles that can balance the narrow chin with volume around the forehead. Therefore, the choice of longer hairstyles that add height aligns perfectly with the styling goals for a round face.

2. What tool is recommended for achieving precision in short hairstyles?

- A. A pair of thinning shears**
- B. A round brush**
- C. A straight razor**
- D. A comb**

The recommended tool for achieving precision in short hairstyles is a pair of thinning shears. Thinning shears are designed specifically to remove bulk without altering the overall length significantly, which allows for more detailed and textured cuts. The unique design of these shears, featuring one straight blade and one serrated blade, aids in softening blunt lines and creating movement, making them especially useful in short hairstyles where precision is critical to achieve a polished and refined look. In contrast, while a round brush is useful for adding volume and curl to hair, it does not provide the straight, clean edges that a short cut requires. A straight razor can create soft, layered effects but may not offer the precision needed for very short hair, and using it improperly could lead to uneven results. A comb is primarily a styling and sectioning tool rather than a cutting implement, and by itself, it does not resolve textural or length precision issues inherent in short hairstyles.

3. What is the primary action of a reduction reaction?

- A. Removing carbon dioxide and adding oxygen
- B. Removing oxygen and adding hydrogen**
- C. Adding oxygen and water
- D. Removing hydrogen and adding carbon

A reduction reaction primarily involves the gain of electrons, which is commonly observed as the addition of hydrogen or the removal of oxygen from a substance. In the context of hair and cosmetic chemical reactions, specifically, the reduction process allows for the transformation of disulfide bonds present in the hair structure, enabling techniques like permanent waving or smoothing treatments. When we focus on the addition of hydrogen, this is closely related to how the hair's chemical structure can be altered. By introducing hydrogen, the reaction effectively reduces the oxidation state of the substance, leading to desired changes in texture or form. This principle is essential in various hair treatments where the aim is to soften or modify the hair's natural curls or waves by breaking disulfide bonds. Recognizing this action is crucial for hairstylists when applying chemical treatments, as an understanding of reduction helps ensure effective and safe application results. The options involving removing carbon dioxide or adding water and oxygen do not directly relate to the core concept of reduction in the context of hairstyling and chemical processes involving the hair structure.

4. On average, how much does hair grow in a month?

- A. 1 inch
- B. 1/2 inch**
- C. 3/4 inch
- D. 1/4 inch

Hair growth can vary from person to person, but on average, hair grows about half an inch per month. This rate is consistent across various demographics and influenced by factors such as genetics, diet, and overall health. Understanding the average growth rate is essential for hairstylists and clients alike, as it helps in planning hairstyles, treatments, and schedules for haircuts. The other options suggest growth rates that are either faster or slower than the established average. For instance, an inch of growth in a month exceeds typical hair growth, while growth rates like three-quarters or a quarter of an inch also do not align with the commonly accepted average. Therefore, half an inch per month is recognized as the standard rate for hair growth, making it the correct answer in this context.

5. What does the term "lowlights" refer to in hair coloring?

- A. Lighter shades applied to the hair**
- B. Darker shades added to add depth and dimension**
- C. Highlights for a natural look**
- D. Treatments to reinforce color**

The concept of "lowlights" in hair coloring specifically refers to the application of darker shades to the hair. This technique is used to create depth and dimension, offering a contrast to the lighter tones in a person's hair. By strategically placing lowlights, stylists can enhance the overall richness of the color, making the hair appear more multi-dimensional and vibrant. In practice, lowlights are often applied to areas where you want to create shadowing effects, allowing for a more natural and dynamic look. This contrasts with highlights, which are lighter shades added to brighten and draw attention to certain sections. Combining lowlights and highlights can result in a balanced and visually appealing hairstyle that enhances the client's natural features while also introducing depth. Understanding this technique is crucial for hairstylists aiming to achieve a customized and sophisticated color palette for their clients.

6. Which color is used to neutralize yellow in hair?

- A. Blue**
- B. Violet**
- C. Green**
- D. Red**

The color used to neutralize yellow in hair is violet. This concept is based on the color wheel, where colors opposite each other cancel each other out when mixed. Yellow is located on the warm side of the color wheel and, directly across from it on the cool side, is violet. When violet is applied to yellow tones in hair, it creates a balanced shade, effectively neutralizing the unwanted warmth. This technique is often employed in hair coloring to achieve cooler, more desirable tones, particularly in blonde hair that has picked up yellow undertones. Understanding this principle is essential for hairstylists, especially when working with color corrections or when clients desire a more ash or cool tone in their hair. Other colors on the wheel, such as blue, green, or red, target different undertones; blue neutralizes orange, green neutralizes red, and red is not typically used for neutralizing yellow.

7. Which hair type is most susceptible to damage?

- A. Curly hair
- B. Fine hair**
- C. Coarse hair
- D. Thick hair

Fine hair is most susceptible to damage primarily due to its structure and lower density. Fine hair strands have a smaller diameter, which makes them more fragile and less robust compared to thicker hair types. Because fine hair lacks the same amount of protective layers as coarser or thicker hair, it can easily become damaged from environmental factors such as heat styling, chemical treatments, and even daily wear and tear. Additionally, fine hair struggles to hold moisture, making it more prone to dryness and breakage. When subjected to stress, such as tugging or pulling during styling, fine hair is more likely to break. Due to these characteristics, individuals with fine hair often need to adopt gentler styling practices and products specifically designed to provide additional strength and protection.

8. What type of relaxer has a pH above 10?

- A. Alkaline relaxer
- B. Thio relaxer**
- C. Acid relaxer
- D. Neutralizer

The correct choice relates to the characteristics of different types of hair relaxers and their pH levels. An alkaline relaxer is specifically formulated to have a high pH, typically above 10, which allows it to effectively break the disulfide bonds in the hair's protein structure. This high pH level makes the hair more pliable and easier to reshape, facilitating the relaxing process. Alkaline relaxers often contain sodium hydroxide or other strong alkaline agents that create this elevated pH environment. This concentration is essential for achieving the desired straightening effect, especially on coarse or resistant hair types. Thio relaxers, in contrast, work at a lower pH, generally around 7 to 9.5, and utilize a different chemical interaction. They are less damaging to hair and are often used for clients looking for a more gentle treatment. Acid relaxers are designed to have a pH lower than 7, making them unsuitable for dramatic straightening processes. They typically only slightly relax the hair or are used for color processing. Neutralizers are not relaxers at all; they help restore the hair's pH after chemical treatments. Understanding the pH levels of various relaxers is crucial for effective hair texture management and maintaining

9. 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.

10. What condition is identified by the presence of head lice?

- A. Scabies**
- B. Pellagra**
- C. Pediculosis**
- D. Dermatitis**

The presence of head lice is identified by the condition known as pediculosis. This term specifically refers to an infestation by lice, which are small, wingless insects that live on the scalp and feed on human blood. Pediculosis is commonly associated with itching and discomfort due to the bites of the lice, as well as the potential for secondary infections from scratching. In understanding this condition, it's important to note how it differs from other skin or parasitic conditions. For instance, scabies is caused by a different parasite, the *Sarcoptes scabiei* mite, and results in a different set of symptoms, typically including intense itching and a rash. Pellagra, on the other hand, is a nutritional deficiency disease caused by a lack of niacin (vitamin B3) and manifests as a specific set of symptoms (dermatitis, diarrhea, and dementia), which are unrelated to lice. Dermatitis refers to inflammation of the skin, which can result from various causes but is not specifically linked to lice infestations. Understanding these distinctions highlights why pediculosis is the accurate terminology used for the condition associated with head lice, allowing for appropriate treatment and management of the infestation.

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!