

Perms and Relaxers Practice Test (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. Which type of rods are used to produce small firm curls?**
 - A. Large diameter rods**
 - B. Small diameter rods**
 - C. Medium diameter rods**
 - D. Flexi rods**
- 2. What is a hydroxide relaxer?**
 - A. A type of relaxer that permanently changes the hair structure by breaking disulfide bonds**
 - B. A temporary relaxer used for styling purposes**
 - C. A lotion used to nourish the hair during treatment**
 - D. A type of straightening serum with no chemical impact**
- 3. What is recommended for clients with previously damaged hair when considering a perm?**
 - A. To proceed with a strong perm solution**
 - B. To skip the perm altogether**
 - C. To use a less aggressive perm option**
 - D. To wait at least six months before perming**
- 4. When should a strand test be performed during a relaxer service?**
 - A. Before starting the service**
 - B. After applying the relaxer**
 - C. During the final rinse**
 - D. At any time during the service**
- 5. How does the degree of curl vary among different perm rods?**
 - A. All rods create the same curl**
 - B. Size of the rod determines curl tightness**
 - C. Length of the hair affects curl type**
 - D. Temperature affects all rods equally**

- 6. What procedure is used to remove excess waving lotion during the perm process?**
- A. Rinsing**
 - B. Applying**
 - C. Setting**
 - D. Conditioning**
- 7. Why is it beneficial for clients to receive follow-up services after a perm?**
- A. To change the hair color**
 - B. To maintain the integrity of the perm and overall hair health**
 - C. To apply additional styling products**
 - D. To consider a different hair treatment**
- 8. What would be the result of applying a relaxer too close to the scalp?**
- A. Scalp irritation and potential burns**
 - B. Increased hair volume**
 - C. Faster processing time**
 - D. Improved curl definition**
- 9. What should be monitored closely during a relaxer application?**
- A. The number of applications**
 - B. The processing time**
 - C. The thickness of the hair**
 - D. The humidity level**
- 10. What technique is used to loosen or relax tightly curled hair patterns by about 50%?**
- A. Hair rebonding**
 - B. Curl diffusion or chemical blowout**
 - C. Texturizing**
 - D. Conditioning treatment**

Answers

SAMPLE

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

SAMPLE

Explanations

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1. Which type of rods are used to produce small firm curls?

- A. Large diameter rods
- B. Small diameter rods**
- C. Medium diameter rods
- D. Flexi rods

The choice of small diameter rods is the correct one for producing small firm curls. This is because the diameter of the rod directly influences the size and tightness of the curl formed. When small diameter rods are used, the hair is wrapped tightly around the rod, allowing for a more compact curl that holds its shape. This tight wrapping creates a firm curl due to the concentrated curl pattern, which enhances the overall volume and texture of the hairstyle. In contrast, large diameter rods produce looser and larger curls, which may not satisfy the need for tighter curl definition. Medium diameter rods create curls that are neither too tight nor too loose, making them suitable for a range of styles, but they do not achieve the small, firm curls that small diameter rods accomplish. Flexi rods, while versatile, are often used for different styling effects and may not provide the same level of firmness as traditional small diameter rods when aiming specifically for small, tight curls.

2. What is a hydroxide relaxer?

- A. A type of relaxer that permanently changes the hair structure by breaking disulfide bonds**
- B. A temporary relaxer used for styling purposes
- C. A lotion used to nourish the hair during treatment
- D. A type of straightening serum with no chemical impact

A hydroxide relaxer is classified as a chemical product used in the hair relaxing process that permanently alters the structure of the hair. It works by breaking the disulfide bonds, which are the strong connections that give hair its shape and curl. By breaking these bonds, the hydroxide relaxer allows the hair to be reshaped into a straighter form, effectively reducing the curl and volume. Hydroxide relaxers typically come in two forms: sodium hydroxide and calcium hydroxide, among others. These relaxers are known for their efficacy in relaxing even the most resistant curl types, providing a long-lasting straightening effect. It is important to use them correctly, as the strong chemicals can damage the hair if misapplied. The other options do not accurately describe the function or nature of a hydroxide relaxer. For example, temporary relaxers do not provide a permanent change, and lotions that nourish the hair or straightening serums without chemical impact do not function in the same way as hydroxide relaxers, which are specifically designed to change the hair's structure chemically.

3. What is recommended for clients with previously damaged hair when considering a perm?

- A. To proceed with a strong perm solution**
- B. To skip the perm altogether**
- C. To use a less aggressive perm option**
- D. To wait at least six months before perming**

When working with clients who have previously damaged hair, using a less aggressive perm option is recommended because it minimizes further stress and potential damage to the hair structure. Strong perm solutions contain harsher chemicals that can exacerbate existing damage, leading to breakage or overall unhealthy hair. By choosing a milder formula, the stylist can achieve the desired curl or wave while being more considerate of the hair's condition. Additionally, it is essential to assess the hair's health before any chemical service. A less aggressive perm option often allows for gentler treatment that respects the client's hair integrity. It can still provide the desired results while reducing the risk of additional damage, making it a suitable choice for compromised hair. While skipping the perm altogether might be the safest option for severely damaged hair, it is not necessary for all clients if they can safely proceed with caution. On the other hand, waiting for six months could be an option depending on the extent of the damage, but it is not a universal recommendation as some clients may be able to perm successfully with the right precautions and a gentler solution. Thus, opting for a less aggressive perm is the most responsible and beneficial approach for clients with previously damaged hair.

4. When should a strand test be performed during a relaxer service?

- A. Before starting the service**
- B. After applying the relaxer**
- C. During the final rinse**
- D. At any time during the service**

A strand test is an essential step in the relaxer service process, and it is typically performed before starting the service. This practice allows the stylist to assess the hair's response to the relaxer. By taking a small section of hair and applying the relaxer, the stylist can evaluate the hair's texture, elasticity, and overall condition, which helps determine the appropriate processing time and confirm that the hair can handle the chemical treatment safely. Conducting the strand test prior to the main application helps to prevent potential damage and over-processing that could occur if the relaxer were applied without understanding how the specific hair type reacts to the chemicals. This preventative measure is crucial for ensuring the health of the hair and achieving the desired results.

5. How does the degree of curl vary among different perm rods?

- A. All rods create the same curl**
- B. Size of the rod determines curl tightness**
- C. Length of the hair affects curl type**
- D. Temperature affects all rods equally**

The degree of curl created by perm rods is directly influenced by the size of the rods themselves. Smaller rods produce tighter curls, while larger rods create looser, more voluminous waves. This is because the diameter of the rod determines how tightly the hair is wound around it during the perming process. When hair is wrapped around a smaller rod, the hair is forced to bend more sharply, resulting in a tighter curl. Conversely, using a larger rod allows for a gentler curve, leading to looser and more relaxed curls. Other factors like the length of the hair and the temperature of the perm solution do play a role in the overall perming process, but they are not the primary determinants of the curl's tightness. Length can influence how the curl falls and the overall shape, while temperature affects the processing time and effectiveness of the perm solution but does not dictate the curl's tightness in the same direct manner as the rod size.

6. What procedure is used to remove excess waving lotion during the perm process?

- A. Rinsing**
- B. Applying**
- C. Setting**
- D. Conditioning**

Rinsing is the procedure used to remove excess waving lotion during the perm process because it effectively washes away any remaining chemicals from the hair. After the waving lotion has been applied and allowed to process, it is essential to remove the product to halt its action and prevent potential damage to the hair. Rinsing ensures that the hair is cleansed of these chemicals, allowing for the next steps in the perming process to proceed without interference from the waving lotion. While applying refers to the initial step of putting the waving lotion on the hair, and setting involves arranging the hair into the desired curl pattern, these actions do not address the need to eliminate excess product. Conditioning, on the other hand, is typically performed after rinsing to help restore moisture and manageability to the hair, but it does not directly remove the waving lotion. Therefore, rinsing is the most critical technique at this stage to ensure the perming process is successful and the hair health is maintained.

7. Why is it beneficial for clients to receive follow-up services after a perm?

A. To change the hair color

B. To maintain the integrity of the perm and overall hair health

C. To apply additional styling products

D. To consider a different hair treatment

Receiving follow-up services after a perm is essential for maintaining the integrity of the perm and overall hair health. Immediately after a perm, the hair undergoes significant changes, and follow-up treatments help to ensure that the hair remains strong and nourished. These services often include deep conditioning treatments or hydration therapies that can restore moisture, prevent breakage, and enhance the longevity of the wave or curl pattern achieved by the perm. Additionally, follow-up appointments allow professionals to assess the condition of the hair after the chemical treatment, addressing any specific issues that may arise and providing personalized care recommendations. By prioritizing the health of the hair, clients can enjoy their new style while minimizing damage, ensuring the perm looks great over time.

8. What would be the result of applying a relaxer too close to the scalp?

A. Scalp irritation and potential burns

B. Increased hair volume

C. Faster processing time

D. Improved curl definition

Applying a relaxer too close to the scalp can lead to scalp irritation and potential burns due to the chemical composition of the relaxers. These products are designed to alter the structure of the hair, making it straight by breaking down the protein bonds. Since the scalp is more sensitive than the hair shaft, placing a relaxer in close proximity increases the risk of chemical burns or irritation from the strong alkalis present in the relaxer. It's important to maintain a safe distance from the scalp to prevent unwanted reactions, as well as to take precautions such as applying a protective barrier cream on the scalp before the application. This ensures the health and safety of the client's skin while achieving the desired results for the hair.

9. What should be monitored closely during a relaxer application?

- A. The number of applications**
- B. The processing time**
- C. The thickness of the hair**
- D. The humidity level**

During a relaxer application, processing time should be monitored closely to ensure that the chemical process effectively relaxes the hair without causing damage. Each relaxer product has a recommended processing time that is crucial for achieving the desired results while maintaining the integrity of the hair. Over-processing can lead to severe hair damage, including breakage and loss of elasticity, while under-processing may result in insufficient relaxation and unsatisfactory results. Monitoring the processing time allows the stylist to check the hair's response to the chemical, ensuring optimum safety and effectiveness. This is essential for customizing the treatment to individual hair types and conditions, leading to healthier results. Being attentive to the processing time is key to successful relaxer applications, offering a balance between effective hair straightening and the maintenance of hair health.

10. What technique is used to loosen or relax tightly curled hair patterns by about 50%?

- A. Hair rebonding**
- B. Curl diffusion or chemical blowout**
- C. Texturizing**
- D. Conditioning treatment**

The technique that is used to loosen or relax tightly curled hair patterns by about 50% is curl diffusion, also known as a chemical blowout. This process involves the application of a chemical product designed to break down the bonds in the hair, which are responsible for the tight curl pattern. By doing so, it achieves a more manageable texture that is softer and less coiled. Curl diffusion is specifically formulated to reduce curl without straightening the hair completely, making it ideal for clients who desire a more relaxed wave or curl rather than a fully straightened look. This process is popular among individuals looking to ease the styling effort while still maintaining some wave or curl in their hair. The other options, while related to hair texture, do not specifically address the loosening of tightly curled patterns. Hair rebonding refers to a more permanent straightening method, texturizing relates to cutting techniques that add volume and shape, and conditioning treatments focus on improving hair health rather than altering the curl pattern. Thus, curl diffusion stands out as the appropriate technique for achieving a partial relaxation of curl.