

# Perms and Relaxers Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What is a potential outcome of applying a relaxer on previously permed hair?**
  - A. Enhanced curl definition**
  - B. Increased moisture retention**
  - C. Inconsistent texture and damage**
  - D. Improved styling ease**
  
- 2. 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**
  
- 3. What hair characteristics can influence the choice of perm technique?**
  - A. Hair length and color**
  - B. Hair texture, density, and porosity**
  - C. Hair age and health**
  - D. Hair styling preferences**
  
- 4. Which chemical is not commonly found in most neutralizers?**
  - A. Sodium bromate**
  - B. Hydrogen peroxide**
  - C. Potassium**
  - D. Sodium perborate**
  
- 5. What procedure involves reducing swelling of the hair and hardening its bonds during a perm?**
  - A. Applying**
  - B. Rinsing**
  - C. Sectioning**
  - D. Setting**

- 6. What is the name of the chemical service designed to change tightly curled hair to curly or wavy hair?**
- A. Curl reformation**
  - B. Permanent wave**
  - C. Hair smoothing treatment**
  - D. Thermal reconditioning**
- 7. What effect does under-processing have on the outcome of a perm?**
- A. Too tight curls that cause breakage**
  - B. Weak curls that may fall out quickly or do not form properly**
  - C. Curls that become frizzy shortly after the service**
  - D. Overly loose curls that require a second processing**
- 8. What is a key post-care recommendation for clients after a perm?**
- A. Wash hair immediately**
  - B. Avoid washing for at least 48 hours**
  - C. Use heat styling tools**
  - D. Apply heavy oils**
- 9. Which type of hair requires caution when using relaxers?**
- A. Straight hair**
  - B. Thin hair**
  - C. Curly or coarse hair**
  - D. Colored hair**
- 10. To achieve the desired curl formation, how many times should hair wrap around the rod?**
- A. 1 time**
  - B. 2 times**
  - C. 2 1/2 times**
  - D. 3 times**

## **Answers**

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

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## **Explanations**

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**1. What is a potential outcome of applying a relaxer on previously permed hair?**

- A. Enhanced curl definition**
- B. Increased moisture retention**
- C. Inconsistent texture and damage**
- D. Improved styling ease**

Applying a relaxer to previously permed hair can lead to inconsistent texture and damage for several reasons. First, the two chemical processes work in opposing ways: a perm uses chemicals to create curls by breaking and reforming the hair's structure, while a relaxer aims to straighten the hair. When these two products are applied to the same hair, it can result in an uneven processing effect. The areas that were relaxed may become significantly straighter, while sections that still carry the effects of the perm can remain curly or wavy. This disparity in texture can lead to a patchy appearance in the hair, making it difficult to achieve a cohesive, uniform look. Additionally, both relaxers and perms are harsh chemical processes that can weaken the hair shaft if not applied correctly or if the hair is already compromised. This can further contribute to damage, such as breakage or dryness, making the hair harder to manage. Therefore, the outcome of applying a relaxer to previously permed hair is often destructive, resulting in inconsistent texture and potential damage.

**2. 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.

### 3. What hair characteristics can influence the choice of perm technique?

- A. Hair length and color**
- B. Hair texture, density, and porosity**
- C. Hair age and health**
- D. Hair styling preferences**

The choice of perm technique is heavily influenced by hair texture, density, and porosity because these characteristics directly affect how the hair will react to the perm solution and the resulting style. Hair texture refers to the thickness of the individual strands and the overall wave or curl pattern, which will determine the size and type of curl that can be achieved. For instance, finer hair may need a gentler technique, while coarser hair might handle a stronger solution. Density relates to the number of hair strands on the scalp. A person with high density may require more product and a different wrapping technique to ensure even processing, while those with low density may have different considerations to avoid over-processing. Porosity indicates how well the hair can absorb moisture and products. Hair that is more porous tends to take to perm solutions more quickly, which might necessitate a less intense processing time or a different application method to avoid damage. Understanding these attributes allows a stylist to tailor the perm process to achieve the desired result while maintaining the health and integrity of the hair.

### 4. Which chemical is not commonly found in most neutralizers?

- A. Sodium bromate**
- B. Hydrogen peroxide**
- C. Potassium**
- D. Sodium perborate**

The correct choice identifies potassium as the chemical that is not commonly found in most neutralizers used in hair perming and relaxing procedures. Neutralizers are formulated to halt the action of the perm or relaxing agents and to help restore the hair's natural pH balance after the treatment. Sodium bromate, hydrogen peroxide, and sodium perborate are all commonly used in neutralizers due to their oxidizing properties. These chemicals work by forming cross-links in the hair structure, essential for setting the new shape after a perm or relaxer treatment. Potassium, while a common element in various hair products, does not play a role in the neutralization process in the same way that the other chemicals do. Thus, its absence from typical neutralizers is why it is the correct answer in this context.

**5. What procedure involves reducing swelling of the hair and hardening its bonds during a perm?**

**A. Applying**

**B. Rinsing**

**C. Sectioning**

**D. Setting**

The procedure that involves reducing swelling of the hair and hardening its bonds during a perm is applying the perm solution. This step is crucial because the perm solution contains chemicals that break down the disulfide bonds in the hair. When the solution is applied, the hair's cuticle swells, allowing the chemical to penetrate and alter the hair structure. Once the desired amount of time has passed, the hair is then set in the desired shape, and neutralizer is applied afterward to harden those newly formed bonds, effectively locking the curl pattern into place. The application process is the foundation for creating lasting curls or waves, making it a pivotal part of the perming procedure.

**6. What is the name of the chemical service designed to change tightly curled hair to curly or wavy hair?**

**A. Curl reformation**

**B. Permanent wave**

**C. Hair smoothing treatment**

**D. Thermal reconditioning**

The correct answer is the chemical service designed to change tightly curled hair to curly or wavy hair is known as curl reformation. This service effectively transforms the texture of the hair by loosening the tightly coiled curls and reshaping them into waves or curls that are more elongated and relaxed. Curl reformation utilizes specific chemical agents to break down the natural bonds in the hair, allowing for reshaping. It is distinct from other processes because it specifically targets the alteration of tightly curled textures, enabling clients to achieve a softer, more manageable curl pattern while maintaining some degree of curl definition. In contrast, permanent waves typically create structured curls and waves in straight or slightly wavy hair, hair smoothing treatments generally aim to reduce frizz and make the hair more manageable without altering curl patterns drastically, and thermal reconditioning focuses on straightening the hair permanently rather than reshaping curls. Understanding these nuances helps distinguish curl reformation from other chemical services in hair treatments.

**7. What effect does under-processing have on the outcome of a perm?**

- A. Too tight curls that cause breakage**
- B. Weak curls that may fall out quickly or do not form properly**
- C. Curls that become frizzy shortly after the service**
- D. Overly loose curls that require a second processing**

Under-processing in a perm results in weak curls that may fall out quickly or do not form properly due to insufficient chemical processing. When the hair is not left in the perm solution for the appropriate amount of time, the bonds in the hair do not break and reform correctly, leading to limp and undefined curls. This inadequacy can stem from factors like hair condition, temperature, or incorrect application of the solution. Consequently, clients may find that their curls do not hold, tend to revert back to their original shape, or lack the desired bounce and volume. This outcome emphasizes the importance of following the manufacturer's guidelines for time and application for achieving beautiful, long-lasting curls. The other options describe issues related to over-processing or improper curl formation but do not accurately reflect the specific consequences of under-processing.

**8. What is a key post-care recommendation for clients after a perm?**

- A. Wash hair immediately**
- B. Avoid washing for at least 48 hours**
- C. Use heat styling tools**
- D. Apply heavy oils**

The key post-care recommendation for clients after a perm is to avoid washing the hair for at least 48 hours. This is important because after a perm, the hair is in a fragile state, and the new shape of the curl needs time to set. Washing the hair too soon can disturb the newly formed bonds in the hair structure, potentially leading to a loss of curl or wave formation and affecting the overall longevity of the perm. Additionally, during the initial 48 hours, the hair cuticle needs time to close properly, allowing the perm solution to fully bond with the hair. This time frame is crucial for achieving the desired results from the perm process and helps ensure that the curls maintain their shape and appearance. Post-perm care also involves avoiding the use of heat styling tools and heavy oils right after the treatment, as these can further disrupt the hair's condition and the integrity of the perm. It's essential for clients to follow the stylist's recommendations to maintain the health and style of their newly permed hair.

## 9. Which type of hair requires caution when using relaxers?

- A. Straight hair
- B. Thin hair
- C. Curly or coarse hair**
- D. Colored hair

The correct answer indicates that curly or coarse hair requires caution when using relaxers due to its unique structure and resistance to chemical treatments. Curly and coarse hair types often have a thicker cuticle layer and a different internal structure, which can make them more susceptible to damage from chemical processes. Relaxers work by breaking down the protein structure of the hair to alter its shape, leading to a straighter appearance. When applied to curly or coarse hair, there is a higher risk of over-processing, which can result in excessive dryness, breakage, or even irreversible damage. Additionally, the strength of the relaxer used must be carefully selected based on the hair's texture and condition to achieve the desired results without compromising the hair's integrity. In contrast, while other hair types like straight, thin, or colored hair also require specific considerations when using relaxers, they may not be as inherently vulnerable to the same extent as curly or coarse hair. For example, fine or thin hair can become limp, and colored hair can potentially be more porous, but these issues are distinct from the considerations needed for curly or coarse hair. Proper consultation and professional knowledge are essential to ensure safe and effective use of relaxers on different hair types.

## 10. To achieve the desired curl formation, how many times should hair wrap around the rod?

- A. 1 time
- B. 2 times
- C. 2 1/2 times**
- D. 3 times

The correct answer is that hair should wrap around the rod 2 1/2 times to achieve the desired curl formation. When wrapping hair around a perm rod, the number of turns significantly influences the tightness and overall appearance of the curl. Wrapping the hair around the rod 2 1/2 times provides enough tension and allows for adequate distribution of the hair along the rod, which is crucial for achieving even curl formation. This method ensures that the hair is secured properly, allowing the perm solution to penetrate and interact effectively with the hair shaft, resulting in a defined and uniform curl. In contrast, fewer wraps, such as 1 time or 2 times, may create looser curls, while wrapping 3 times may lead to overly tight curls that can cause unnecessary stress on the hair. It's essential to strike the right balance with the number of wraps to ensure optimal results while maintaining the hair's integrity.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

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

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