

# Perms and Relaxers Practice Test (Sample)

## Study Guide



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

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**SAMPLE**

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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. What is the purpose of a neutralizer in the perm process?**
  - A. To add moisture**
  - B. To break down disulfide bonds**
  - C. To stabilize the curl**
  - D. To condition the hair**
- 2. What does a thioglycolate perm do to hair bonds?**
  - A. It reinforces disulfide bonds**
  - B. It breaks disulfide bonds**
  - C. It hydrates hair cuticles**
  - D. It adds protein to the hair**
- 3. When is it appropriate to perform a relaxer retouch?**
  - A. When the hair is wet and slightly damp**
  - B. When new growth appears, typically 1 inch or more**
  - C. When the client requests a new hairstyle**
  - D. When the color has faded**
- 4. What is a distinguishing feature of a "no-lye" relaxer?**
  - A. It contains no harmful chemicals**
  - B. It contains calcium hydroxide or guanidine hydroxide**
  - C. It is suitable for all hair types**
  - D. It is less effective than traditional relaxers**
- 5. How often should clients who perm their hair use deep conditioning treatments?**
  - A. Once a month**
  - B. At least once a week**
  - C. Every other day**
  - D. Only when the curls begin to relax**
- 6. Which type of relaxer is classified as a lye product?**
  - A. Calcium hydroxide**
  - B. Sodium hydroxide**
  - C. Ammonium thioglycolate**
  - D. Guanidine hydroxide**

- 7. In what way do alkaline perms differ from acid perms?**
- A. Alkaline perms use more water**
  - B. Alkaline perms have a lower pH**
  - C. Alkaline perms are milder than acid perms**
  - D. Alkaline perms have a higher pH and are stronger**
- 8. What is a typical characteristic of under-processed hair following a perm?**
- A. It maintains a full curl pattern**
  - B. It appears limp and lacks volume**
  - C. It has excessive shine and smoothness**
  - D. It shows no significant change from the natural state**
- 9. Name a common aftercare instruction for clients post-perm.**
- A. Wash the hair immediately for best results**
  - B. Avoid washing the hair for at least 48 hours**
  - C. Use extra heat styling daily**
  - D. Brush the hair vigorously**
- 10. How often can a client safely receive a chemical relaxer?**
- A. Every 4 to 6 weeks**
  - B. Every 6 to 8 weeks**
  - C. Every 8 to 12 weeks**
  - D. Every 12 to 16 weeks**



## **Answers**

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

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## **Explanations**

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**1. What is the purpose of a neutralizer in the perm process?**

- A. To add moisture**
- B. To break down disulfide bonds**
- C. To stabilize the curl**
- D. To condition the hair**

The role of a neutralizer in the perm process is crucial for stabilizing the curl. After the hair has been permed using a waving solution, which alters the structure of the hair by breaking down disulfide bonds, the neutralizer restores these bonds but in a new shape, creating a lasting curl. It works by introducing a different chemical process that allows the reformation of these bonds around the perm rod's shape once the hair has been set. While moisture is important for hair health and conditioning is essential for maintaining hair integrity, these functions are not the primary purpose of a neutralizer. The neutralizer specifically focuses on completing the perming process by ensuring the newly formed curl structure is stable, allowing the curl to maintain its shape. Hence, its primary function is to stabilize the curl after the permanent waving process.

**2. What does a thioglycolate perm do to hair bonds?**

- A. It reinforces disulfide bonds**
- B. It breaks disulfide bonds**
- C. It hydrates hair cuticles**
- D. It adds protein to the hair**

A thioglycolate perm works by breaking disulfide bonds within the hair's structure. Disulfide bonds are responsible for the hair's natural shape and strength. When a thioglycolate solution is applied, the chemical agents within it penetrate the hair shaft and alter the sulfur bonds that link the cysteine amino acids together. This alteration allows the natural curl pattern to be reshaped. Once the hair is set in a new shape, a neutralizing solution is applied to reform the disulfide bonds in their new configuration, thus setting the curl. The importance of understanding how thioglycolate perm affects hair bonds lies in its capability to create curls or waves in straight hair by breaking and reforming the bonds, allowing for a variety of styles and textures. This knowledge is crucial for anyone practicing hair styling, as it provides insight into the chemical processes involved in perming hair effectively and safely.

### 3. When is it appropriate to perform a relaxer retouch?

- A. When the hair is wet and slightly damp
- B. When new growth appears, typically 1 inch or more**
- C. When the client requests a new hairstyle
- D. When the color has faded

A relaxer retouch is specifically performed when there is new growth that needs to be treated, which is typically about 1 inch or more of new hair that has not undergone the relaxing process. This measurement is important because the new growth often has a different texture than the previously relaxed hair, and applying the relaxer at this point ensures that all hair is uniformly straightened. Performing a retouch allows the stylist to maintain consistent results and prevent visible demarcation lines where the relaxed hair meets the new growth. This practice helps in achieving a smooth and cohesive appearance throughout the hair, ensuring that the relaxed hair and new growth blend seamlessly. While the state of the hair being wet can be relevant in other contexts, it's not a determining factor for when to do a retouch. Additionally, simply requesting a new hairstyle does not warrant a relaxer retouch if there is not significant new growth. Faded color, though important in certain treatments, does not relate to the need for a relaxer retouch specifically.

### 4. What is a distinguishing feature of a "no-lye" relaxer?

- A. It contains no harmful chemicals
- B. It contains calcium hydroxide or guanidine hydroxide**
- C. It is suitable for all hair types
- D. It is less effective than traditional relaxers

A distinguishing feature of a "no-lye" relaxer is that it contains calcium hydroxide or guanidine hydroxide. These ingredients are fundamental to the formulation of no-lye relaxers, which are specifically designed to be less irritating to the scalp than traditional lye relaxers that use sodium hydroxide. The presence of these compounds allows for hair straightening without the harsh effects associated with lye relaxers, making them a popular choice for individuals with sensitive scalps. While no-lye relaxers can be gentler, it's important to note that they still require careful handling due to the potential for hair damage if used improperly. They offer a distinct chemical profile compared to lye relaxers, and understanding this is crucial for professionals in the beauty industry when recommending suitable hair treatments for various hair types and conditions.

**5. How often should clients who perm their hair use deep conditioning treatments?**

- A. Once a month**
- B. At least once a week**
- C. Every other day**
- D. Only when the curls begin to relax**

Clients who perm their hair should use deep conditioning treatments at least once a week to maintain hair health and moisture balance. Perming processes can alter the natural structure of the hair by breaking and reforming disulfide bonds, which often leads to increased dryness and potential damage. Regular deep conditioning helps to replenish moisture, restore protein content, and improve overall hair texture and resilience. Using deep conditioning treatments weekly helps to promote hair strength and elasticity, which is crucial for maintaining the integrity of the curls created by the perm. Additionally, frequent deep conditioning can prevent issues such as brittleness and breakage, ensuring that the hair remains vibrant and healthy-looking. This regular maintenance is essential for clients to enjoy the benefits of their perm while minimizing the risk of damage over time.

**6. Which type of relaxer is classified as a lye product?**

- A. Calcium hydroxide**
- B. Sodium hydroxide**
- C. Ammonium thioglycolate**
- D. Guanidine hydroxide**

Sodium hydroxide is classified as a lye product, making it the correct answer. This type of relaxer is known for its strong alkaline properties, which facilitate the breaking down of the hair's disulfide bonds, thereby allowing the hair to be straightened. Sodium hydroxide relaxers provide quick and effective results, but they also require careful application to avoid damage to the hair and scalp due to their potency. In contrast, while calcium hydroxide and guanidine hydroxide are also used in hair relaxers, they are not considered lye products in the traditional sense. Ammonium thioglycolate, on the other hand, is primarily used for permanent waving and is not typically classified as a relaxer that utilizes lye ingredients. Such distinctions are critical in the field of hair care, particularly in understanding the chemical composition and the resulting effects on hair texture.

**7. In what way do alkaline perms differ from acid perms?**

- A. Alkaline perms use more water**
- B. Alkaline perms have a lower pH**
- C. Alkaline perms are milder than acid perms**
- D. Alkaline perms have a higher pH and are stronger**

Alkaline perms are characterized by having a higher pH compared to acid perms, which allows them to be more effective on resistant hair and produce a firmer curl. The higher pH results in a stronger solution that opens the hair cuticle more effectively, allowing the waving solution to penetrate the hair shaft efficiently. This strength makes alkaline perms suitable for certain hair types, particularly those that are coarse or resistant. In contrast, acid perms typically have a lower pH, making them milder and better suited for finer or damaged hair. The chemical processes and end results differ significantly based on this pH level, impacting the firmness of the curl and the overall condition of the hair post-treatment. Understanding these differences is crucial for selecting the appropriate perm type based on the individual needs of the hair.

**8. What is a typical characteristic of under-processed hair following a perm?**

- A. It maintains a full curl pattern**
- B. It appears limp and lacks volume**
- C. It has excessive shine and smoothness**
- D. It shows no significant change from the natural state**

Under-processed hair following a perm often exhibits characteristics that lead to it appearing limp and lacking volume. This occurs because the hair did not undergo sufficient chemical processing to achieve the desired curl formation. Inadequate processing results in weak or uneven curls, which can leave the hair looking flat and unstyled. In contrast, a well-processed perm should give the hair a bouncy and full curl pattern, showcasing volume and movement. Under-processed hair may not hold the intended curl shape, therefore contributing to its limp appearance. The other options do not accurately reflect the typical outcomes of under-processing. For example, maintaining a full curl pattern would indicate a successful perm, while excessive shine and smoothness or no significant change from the natural state would not be linked to hair being under-processed.

**9. Name a common aftercare instruction for clients post-perm.**

- A. Wash the hair immediately for best results**
- B. Avoid washing the hair for at least 48 hours**
- C. Use extra heat styling daily**
- D. Brush the hair vigorously**

Avoiding washing the hair for at least 48 hours after a perm is a crucial aftercare instruction. This period is important because the perm solution needs time to fully set and stabilize the new curls or waves. Washing the hair too soon can disrupt the chemical bonds that have just been formed, potentially leading to a loss of curl and overall shape. In the context of hair care following a perm, allowing this time ensures that the treatment can achieve its maximum effectiveness. In addition, it helps to maintain the moisture balance and the integrity of the hair, which is particularly important after undergoing a chemical process. Other options, such as washing the hair right away, using excessive heat styling, or brushing the hair vigorously, are not recommended as they can damage the newly permed texture or lead to undesired results.

**10. How often can a client safely receive a chemical relaxer?**

- A. Every 4 to 6 weeks**
- B. Every 6 to 8 weeks**
- C. Every 8 to 12 weeks**
- D. Every 12 to 16 weeks**

A client can safely receive a chemical relaxer approximately every 8 to 12 weeks because this timeframe allows for adequate regrowth of the natural hair. Chemical relaxers alter the hair's structure, and it is crucial to avoid over-processing the hair, which can lead to damage, breakage, and weakened strands. By adhering to this timeframe, the stylist can assess the condition of the hair and scalp, ensuring that the hair's integrity is maintained while still providing the client with manageable and styled hair. This interval balances maintaining the desired style while allowing for healthy hair growth, ensuring the chemical relaxers do not cause cumulative damage. Longer intervals, such as every 12 to 16 weeks, may not provide optimal results in terms of manageability for clients with tightly coiled or very curly hair types that require more frequent touch-ups to maintain their desired style. Meanwhile, relaxing hair more frequently than every 4 to 6 weeks risks considerably damaging the hair due to the potential buildup of product and chemicals, leading to adverse effects.



## 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:**

**<https://permsrelaxers.examzify.com>**

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