

PSI COSMETOLOGY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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

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- 1. What could happen if relaxers are used incorrectly?**
 - A. The hair turns orange
 - B. The hair melts
 - C. The hair breaks easily
 - D. The hair feels dry
- 2. What is the ideal pH level of skin care products?**
 - A. 5.0 to 7.0
 - B. 7.0 to 9.0
 - C. 4.0 to 6.0
 - D. 3.0 to 4.5
- 3. Which hair color procedure will lighten hair prior to depositing color?**
 - A. Double process
 - B. Single process
 - C. Glossing
 - D. Demi-permanent
- 4. Which scalp condition indicates that a chemical service should NOT be performed?**
 - A. Dry scalp
 - B. Scalp abrasions
 - C. Oily scalp
 - D. Normal scalp
- 5. Which of the following treatments is NOT a permanent solution for abnormal hair growth?**
 - A. Laser hair removal
 - B. Electrolysis
 - C. Depilatory creams
 - D. Epilation

- 6. What type of brush is best for blow-drying hair?**
- A. Flat brush
 - B. Teasing brush
 - C. Round brush
 - D. Paddle brush
- 7. Which type of shampoo contains an active agent that binds to metals and removes them from the hair?**
- A. Moisturizing shampoo
 - B. Clarifying shampoo
 - C. Balancing shampoo
 - D. Deep conditioning shampoo
- 8. What is the benefit of performing an occipitalis pinch during a service?**
- A. Reduces muscle fatigue
 - B. Enhances blood circulation
 - C. Improves hair growth
 - D. Provides relief from tension headaches
- 9. What does a chemical relaxer change in the hair?**
- A. Cuticle structure
 - B. Disulfide bonds
 - C. Hydrogen bonds
 - D. Peptide bonds
- 10. What massage movement should every massage begin and end with?**
- A. Petrissage
 - B. Tapotement
 - C. Effleurage
 - D. Friction

Answers

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

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Explanations

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1. What could happen if relaxers are used incorrectly?

- A. The hair turns orange
- B. The hair melts**
- C. The hair breaks easily
- D. The hair feels dry

Using relaxers incorrectly can lead to severe damage to the hair structure, resulting in hair melting. Relaxers contain strong chemicals, primarily sodium hydroxide or calcium hydroxide, which break down the protein bonds in the hair to straighten it. If these products are left on the hair for too long or applied too frequently without proper neutralization and conditioning, the result can be the weakening and deterioration of the hair fibers. When the integrity of the hair is compromised to this extent, it can lead to a drastic outcome where the hair literally melts away due to the excessive chemical damage. This is particularly critical in cases where the relaxer may come into contact with previously processed or damaged hair, which is even more susceptible to chemical burns and irreversible damage. While other options may represent symptoms of hair damage that could occur from misuse, such as dryness or breakage, they do not illustrate the extreme consequence that can occur when relaxers are mishandled. Melting signifies a complete breakdown of the structure, showcasing the importance of proper training and care when using such potent chemical treatments.

2. What is the ideal pH level of skin care products?

- A. 5.0 to 7.0
- B. 7.0 to 9.0
- C. 4.0 to 6.0**
- D. 3.0 to 4.5

The ideal pH level of skin care products falls within the range of 4.0 to 6.0 because this closely matches the natural pH of healthy skin, which typically hovers around 5.5. Maintaining a slightly acidic environment is essential for skin health; it helps to preserve the skin's barrier function, protecting it from environmental aggressors and pathogens. This pH level also optimizes the activity of enzymes that assist in processes such as exfoliation and moisture retention. Products formulated within this range are less likely to disrupt the skin's natural balance, which can lead to irritation or other issues. Thus, products with a pH of 4.0 to 6.0 are more compatible with the skin's physiology and are generally preferred for maintaining overall skin health.

3. Which hair color procedure will lighten hair prior to depositing color?

- A. Double process**
- B. Single process
- C. Glossing
- D. Demi-permanent

The double process technique is designed specifically to lighten hair before applying a new color. This procedure is typically used when the desired color is significantly lighter than the natural hair color or when creating very light shades, such as platinum blonde. During a double process, the first step involves using a lightener or bleach to lift the hair to the desired level of lightness. After achieving the appropriate lightness, a second application is done to deposit the desired color. This two-step process is essential because simply applying a lighter color over darker hair may not yield the intended results; the color could appear muted or overly dark, failing to achieve the desired vibrancy. In contrast, options like single process, glossing, and demi-permanent color all involve applying color directly to the hair, either to enhance the existing shade or to cover gray, without the initial step of lightening hair to a higher level. These options can deepen or change the tone of the hair but are not intended for significant lightening prior to color application, making them unsuitable for this particular question about lightening hair before depositing color.

4. Which scalp condition indicates that a chemical service should NOT be performed?

- A. Dry scalp
- B. Scalp abrasions**
- C. Oily scalp
- D. Normal scalp

A scalp with abrasions is a clear indication that a chemical service should be avoided. Scalp abrasions suggest that the skin has suffered some form of injury or irritation, which can compromise the skin's protective barrier. Performing a chemical service, such as coloring or perming, on an area with abrasions can introduce harsh chemicals into the bloodstream and lead to severe irritation, allergic reactions, or infections. In contrast, while a dry scalp, oily scalp, or even a normal scalp may present their own unique challenges or considerations for specific treatments, they do not pose the immediate risk to the integrity of the skin as abrasions do. Therefore, it's critical for the safety and well-being of the client to avoid any chemical services on a scalp with abrasions.

5. Which of the following treatments is NOT a permanent solution for abnormal hair growth?

- A. Laser hair removal
- B. Electrolysis
- C. Depilatory creams
- D. Epilation**

Epilation refers to the process of removing hair from the root, which can provide longer-lasting results than shaving but is not considered a permanent solution. Hair growth can eventually return after epilation treatments, as the hair follicles remain intact and can regenerate hair over time. In contrast, other methods listed, such as laser hair removal and electrolysis, target the hair follicles with the goal of eliminating them permanently. Laser hair removal uses concentrated light to damage hair follicles, and with multiple sessions, it can lead to long-term hair reduction or removal. Electrolysis also aims for permanent hair removal by using electric current to destroy hair follicles. Depilatory creams work differently by dissolving hair above the skin's surface, which only provides temporary results. While they are also not permanent solutions like laser and electrolysis, they do not involve the same process as epilation, which actively pulls hair from the root. Thus, choosing epilation highlights an understanding of the varying durations of hair removal methods, where epilation stands out for not offering permanent results, unlike the others that can lead to long-term effects.

6. What type of brush is best for blow-drying hair?

- A. Flat brush
- B. Teasing brush
- C. Round brush**
- D. Paddle brush

A round brush is best for blow-drying hair due to its design and functionality. The cylindrical shape of a round brush allows for maximum airflow around each section of hair, which is important when using a blow dryer. This brush helps to create volume, curl, and smoothness, making it ideal for styling during the blow-drying process. As you work with the round brush and the heat from the blow dryer, the hair is directed around the brush's surface, allowing for more control over the shape and texture of the hair. When using a round brush, you can also achieve various styles—from sleek and straight to bouncy curls—by adjusting the size of the brush and the technique applied. Additionally, the bristles of a round brush can help to distribute the heat evenly, reducing the risk of damage while enhancing shine. The other brush types are not as effective for blow-drying. A flat brush is more suited for detangling and smoothing but lacks the ability to create volume or curls. A teasing brush is specialized for adding lift and texture at the roots, not for drying or styling. A paddle brush is designed for straightening and smoothing longer hair but does not provide the finesse needed for adding volume and curl during blow-drying.

7. Which type of shampoo contains an active agent that binds to metals and removes them from the hair?

- A. Moisturizing shampoo
- B. Clarifying shampoo**
- C. Balancing shampoo
- D. Deep conditioning shampoo

Clarifying shampoo is designed to thoroughly cleanse the hair and scalp by removing buildup from products, oils, and impurities, including metals. The active agents in clarifying shampoos, often chelating agents, bind to metallic ions and help wash them away during the cleansing process. This is especially beneficial for those who use hard water for washing their hair, as hard water contains higher concentrations of minerals that can deposit on the hair over time. In contrast, moisturizing shampoos focus on hydrating the hair and preventing dryness, balancing shampoos aim to regulate and maintain the hair's oil balance, and deep conditioning shampoos provide intense moisture and repair rather than a strong cleansing action. Each of these alternatives has a different primary function and does not specifically target metal removal in the way that clarifying shampoos do.

8. What is the benefit of performing an occipitalis pinch during a service?

- A. Reduces muscle fatigue**
- B. Enhances blood circulation
- C. Improves hair growth
- D. Provides relief from tension headaches

Performing an occipitalis pinch during a service is particularly beneficial because it helps in reducing muscle fatigue. The occipitalis muscle is located at the back of the head and is involved in various functions including the movement of the scalp and neck. By pinching this area, you can stimulate relaxation and relieve tension that may have accumulated in the muscles, thus decreasing muscle fatigue. Additionally, this technique can also have a positive effect on overall wellness by promoting relaxation, which can indirectly contribute to alleviating stress and fatigue throughout the body. Other benefits, such as enhancing blood circulation or providing relief from tension headaches, do occur but are secondary to the primary effect of reducing muscle fatigue. This makes the reduction of muscle fatigue a foundational reason for incorporating the occipitalis pinch into services.

9. What does a chemical relaxer change in the hair?

- A. Cuticle structure
- B. Disulfide bonds**
- C. Hydrogen bonds
- D. Peptide bonds

A chemical relaxer primarily alters the disulfide bonds within the hair. Disulfide bonds are strong covalent bonds that form between the sulfur atoms in two cysteine amino acids, providing structure and strength to the hair. When a chemical relaxer is applied, it breaks these bonds, allowing the hair to be reshaped and made into a straighter form. After the disulfide bonds are broken, the hair can be styled in a new direction that has less curl or wave, achieving a smoother look. This process is essential in hair straightening treatments that aim to reduce frizz and create a sleek appearance. Once the hair is neutralized, the disulfide bonds can be re-formed in this new, straighter position, stabilizing the new hair shape. Other types of bonds, such as cuticle structure, hydrogen bonds, and peptide bonds, play different roles in the hair's overall integrity and appearance but are not directly altered in the same manner by a chemical relaxer. The cuticle is the outer layer of the hair and is not structurally changed by a relaxer; hydrogen bonds are temporary and can be reformed with moisture and heat; peptide bonds are responsible for the primary structure of proteins and are not affected.

10. What massage movement should every massage begin and end with?

- A. Petrissage
- B. Tapotement
- C. Effleurage**
- D. Friction

Every massage should begin and end with effleurage because this technique involves long, gliding strokes that help promote relaxation and establish a connection between the therapist and the client. Effleurage is often used as a warm-up before deeper techniques are applied and helps to calm the client at the end of a session. This type of movement is effective for increasing blood circulation, warming up the muscles, and preparing the body for further massage techniques. By starting and ending with effleurage, the massage experience is more balanced and ensures that the client feels comfortable throughout the session. Effleurage also serves to soothe the skin and helps in the overall flow of the massage, making it an essential component. Using techniques like petrissage or tapotement at the beginning or end does not provide the same calming effect and could disrupt the massage's overall flow.

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:

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

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