

PSI INDIANA COSMETOLOGY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://indianacosmetology.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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	15

SAMPLE

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

SAMPLE

- 1. What is the main ingredient in alkaline perms?**
 - A. Glyceryl monothioglycolate
 - B. Sodium hydroxide
 - C. Ammonium thioglycolate
 - D. Calcium thioglycolate
- 2. What precaution should be taken to avoid injury during cosmetology procedures?**
 - A. Keep wrists straight
 - B. Use minimal pressure
 - C. Only use sharp tools
 - D. Cut at a 90-degree angle
- 3. Which density and texture combination would create the most volume in a hairstyle?**
 - A. Fine and thin
 - B. Thick and coarse
 - C. Medium and curly
 - D. Fine and straight
- 4. What happens if a depilatory is used incorrectly?**
 - A. Hair regrowth
 - B. Skin irritation
 - C. Enhanced hair removal
 - D. Hydrated skin
- 5. What is a common purpose of using fillers in hair coloring?**
 - A. To lighten hair quickly.
 - B. To provide texture.
 - C. To help achieve an even color application.
 - D. To produce gray coverage.

- 6. What is the recommended first action in the event of a minor burn from a hot tool?**
- A. Apply ice directly
 - B. Immerse in cold water
 - C. Cover with a bandage
 - D. Apply ointment immediately
- 7. What is the term for the skin located underneath the free edge of the nail?**
- A. Matrix
 - B. Hyponychium
 - C. Cuticle
 - D. Lunula
- 8. What should salons ensure regarding safety and sanitation protocols?**
- A. They must be updated annually
 - B. They must be displayed prominently
 - C. They only need to follow local health guidelines
 - D. They should prioritize customer preferences
- 9. Which treatment is often recommended for nails affected by onychomycosis?**
- A. Topical antifungal medication
 - B. Ceramic nail treatments
 - C. Heavy moisturizing
 - D. Electrolysis
- 10. Which of the following is known as a neutralizer or stabilizer in hair treatments?**
- A. Oxidizing agent
 - B. Thio relaxer
 - C. Color developer
 - D. Moisturizer

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the main ingredient in alkaline perms?

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

The main ingredient in alkaline perms is ammonium thioglycolate. This chemical works by breaking down the disulfide bonds in the hair, allowing it to be reshaped and curled when wrapped around perm rods. The "alkaline" aspect of this perm refers to the pH level of the solution, which typically ranges around 8.0 to 9.5. This alkaline nature enables the hair cuticle to open up more easily, facilitating better penetration of the perm solution. When the hair is processed, ammonium thioglycolate alters the structure of the hair, allowing for the desired curls. It is specifically designed for hair types that can withstand the slightly harsher effects of the perming process, such as coarse or resistant hair, making it a popular choice among professionals for creating durable curls.

2. What precaution should be taken to avoid injury during cosmetology procedures?

- A. Keep wrists straight**
- B. Use minimal pressure
- C. Only use sharp tools
- D. Cut at a 90-degree angle

Keeping wrists straight during cosmetology procedures is important for preventing strain and injuries. Proper wrist alignment helps maintain good ergonomics, reducing the risk of repetitive strain injuries such as carpal tunnel syndrome. When the wrists are in a neutral position, it allows for better control and precision when performing tasks like cutting hair or applying treatments. Maintaining straight wrists supports the overall posture of the cosmetologist, reducing fatigue and discomfort during longer procedures. This is essential because many tasks in cosmetology require repetitive hand and wrist movements, and improper positioning could lead to long-term health issues. In contrast, while using minimal pressure and sharp tools are relevant to some aspects of safety and effective technique, they do not specifically address the ergonomic aspect of preventing injury as directly as maintaining a straight wrist does. Similarly, cutting at a 90-degree angle pertains to cutting techniques rather than injury prevention through ergonomic practices.

3. Which density and texture combination would create the most volume in a hairstyle?

- A. Fine and thin
- B. Thick and coarse**
- C. Medium and curly
- D. Fine and straight

The combination of thick and coarse hair typically results in the most volume in a hairstyle. Thicker hair strands provide a greater overall mass, creating a fuller appearance. Coarse hair has a larger diameter than fine hair, which contributes to a more substantial look and adds body to hairstyles. When styling with this density and texture, products that enhance volume can work effectively, as they take advantage of the natural fullness of thick and coarse hair. Additionally, such hair types often hold styles better, allowing for increased lift and texture. On the other hand, fine hair tends to lay flatter against the scalp, and if it's also thin, it may not provide the volume needed for a full, bouncy hairstyle. Medium and curly hair can create volume but often requires specific styling techniques or tools to achieve that added lift. Meanwhile, fine and straight hair generally lacks the body and fullness necessary to create a voluminous look compared to thicker, coarser hair.

4. What happens if a depilatory is used incorrectly?

- A. Hair regrowth
- B. Skin irritation**
- C. Enhanced hair removal
- D. Hydrated skin

Using a depilatory incorrectly can lead to skin irritation, which occurs due to the chemical nature of these products. Depilatories work by breaking down the protein structure of the hair, which involves harsh chemicals that can also affect the skin's surface. If the product is left on for too long or applied to sensitive areas, it can cause redness, burning, or inflammation. Proper application is essential to minimize these risks and ensure safe hair removal. While hair regrowth is a normal part of the hair growth cycle and not directly tied to the improper use of depilatories, enhanced hair removal is not a likely factor of incorrect use; it could lead to incomplete removal instead. Hydrated skin is also not a typical effect of depilatories, since the process can actually dry out the skin rather than hydrate it. Thus, skin irritation stands out as the primary concern when a depilatory is misused.

5. What is a common purpose of using fillers in hair coloring?

- A. To lighten hair quickly.
- B. To provide texture.
- C. To help achieve an even color application.**
- D. To produce gray coverage.

Using fillers in hair coloring is commonly aimed at achieving an even color application. When hair has been previously colored or has varying undertones, it can absorb new color unevenly. Fillers are designed to equalize the porosity of the hair, which helps ensure that the color adheres evenly throughout the strands. This process is particularly important when transitioning from a darker to a lighter shade or when applying a new color over previously colored or damaged hair. The use of fillers can help prevent patchiness and achieve a uniform finish, as they create a more consistent canvas for the new hair color. This technique ultimately leads to a more professional and aesthetically pleasing result, making it a crucial step in the hair coloring process for colorists who want to achieve the best possible outcomes.

6. What is the recommended first action in the event of a minor burn from a hot tool?

- A. Apply ice directly
- B. Immerse in cold water**
- C. Cover with a bandage
- D. Apply ointment immediately

The recommended first action in the event of a minor burn from a hot tool is to immerse the burn in cool water. This method is effective because cool water helps to reduce the temperature of the burn area, alleviating pain and minimizing damage to the skin. It should be done immediately to cool the burn and halt the burning process, preventing further injury. Immersion in cool water can provide relief from pain and help to limit swelling. It is crucial to ensure that the water is not ice-cold, as extreme temperatures can potentially worsen the injury. Keeping the burn in cool water for at least 10 to 20 minutes can be very helpful. Applying ice directly to a burn can result in additional skin damage due to the extreme cold and can exacerbate the injury. Covering the burn with a bandage without cooling it first would not address the immediate need to reduce temperature and could lead to further irritation. Likewise, applying ointment immediately might seal in heat and fluid, which can worsen the injury or delay healing. Therefore, immersing the burn in cool water is the most effective and recommended first action.

7. What is the term for the skin located underneath the free edge of the nail?

- A. Matrix
- B. Hyponychium**
- C. Cuticle
- D. Lunula

The term for the skin located underneath the free edge of the nail is the hyponychium. This structure serves as a protective barrier, helping to prevent pathogens and debris from entering the nail bed. The hyponychium is critical for nail health as it aids in securing the nail plate to the underlying skin. It creates a seal that keeps moisture in and pathogens out, contributing to the overall integrity of the nail unit. The matrix, on the other hand, is the tissue located under the base of the nail, which is responsible for nail growth. The cuticle refers to the layer of dead skin cells that protects the area where the nail grows from the nail bed. The lunula is the visible part of the matrix at the base of the nail, often recognized as the white crescent shape. Each of these other terms refers to different parts of the nail anatomy and their functions, but none define the skin beneath the free edge as accurately as the hyponychium does.

8. What should salons ensure regarding safety and sanitation protocols?

- A. They must be updated annually
- B. They must be displayed prominently**
- C. They only need to follow local health guidelines
- D. They should prioritize customer preferences

Salons should ensure that safety and sanitation protocols are displayed prominently because this fosters transparency and reassurance for both clients and staff. When these protocols are visible, it allows clients to see the measures that the salon is taking to ensure their health and safety, which is particularly important in the beauty industry, where close contact is common. Displaying these protocols also serves as a constant reminder to staff about the importance of safety and hygiene practices, reinforcing a culture of cleanliness which is essential in preventing the spread of infections and maintaining a professional environment. While updating protocols regularly, adhering to local health guidelines, and considering customer preferences are all important aspects of running a safe salon, visibility is key. It builds trust with clients, enhances the salon's reputation, and ultimately contributes to a more positive customer experience.

9. Which treatment is often recommended for nails affected by onychomycosis?

- A. Topical antifungal medication**
- B. Ceramic nail treatments
- C. Heavy moisturizing
- D. Electrolysis

Onychomycosis, a fungal infection of the nails, requires specific treatment to effectively address the underlying cause. Topical antifungal medication is recommended because it directly targets the fungi responsible for the infection. These medications are designed to penetrate the nail plate and eliminate the fungal elements, ultimately helping to restore the health and appearance of the affected nails. Other options, such as ceramic nail treatments, heavy moisturizing, and electrolysis, do not directly address the fungal infection. While maintaining healthy nails through proper moisturizing is generally beneficial for nail health, it does not treat the infection itself. Electrolysis, typically used for hair removal, has no relevance in treating nail fungus and would not be effective in managing onychomycosis. Thus, the use of topical antifungal medication is the most appropriate treatment for nails affected by this condition.

10. Which of the following is known as a neutralizer or stabilizer in hair treatments?

- A. Oxidizing agent**
- B. Thio relaxer
- C. Color developer
- D. Moisturizer

The term "neutralizer" or "stabilizer" in the context of hair treatments most accurately refers to an oxidizing agent. Neutralizers are used particularly in chemical processes such as perming or relaxing to stop the action of the chemical solution and to help reform the hair's disulfide bonds into their new shape. In the process of perming, for example, the hair is first treated with a reducing agent that breaks down the keratin structure, allowing for curl formation. The oxidizing agent then comes into play to neutralize the process, ensuring that the hair maintains its new shape and preventing the hair from reverting back to its original form. This stabilization is crucial for the longevity of the treatment's effects. Other options, while related to hair care, do not serve the same function as neutralizers. A thio relaxer is a specific type of hair treatment that alters the hair's structure but is not used as a neutralizer itself. A color developer typically contains an oxidizing agent used during the hair coloring process, but it does not perform the role of a stabilizer in the same way. A moisturizer is beneficial for maintaining hair health but does not have the chemical properties required for neutralizing or stabilizing hair treatments.

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://indianacosmetology.examzify.com>

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

SAMPLE