

Redseal Hairstyling License Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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 are the two basic types of wrapping hair around a perm rod?

- A. Curl spiral and croquignole**
- B. Croquignole perm wrap and spiral wrap**
- C. Curl and twist wrap**
- D. Straight and curly wrap**

2. What is the benefit of using a pH balanced shampoo?

- A. It enhances hair color**
- B. It minimizes damage to the hair**
- C. It increases hair thickness**
- D. It adds hydration**

3. What is formed between amino acids?

- A. Peptide bond**
- B. Disulfide bond**
- C. Hydrogen bond**
- D. Salt bond**

4. What does the term "double process" refer to in hair coloring?

- A. The technique of using two different colors simultaneously**
- B. The process of bleaching and then applying color**
- C. A color technique combining highlights and lowlights**
- D. A method of layering hair color**

5. The natural pH of hair typically falls within which range?

- A. 3.5 - 4.5**
- B. 4.5 - 5.5**
- C. 5.5 - 6.5**
- D. 6.5 - 7.5**

6. What technique is commonly used to add volume at the roots of hair?

- A. Smoothing**
- B. Blow-drying**
- C. Teasing**
- D. Layering**

7. Which product is likely to restore moisture to dry hair?

- A. Hair gel**
- B. Moisturizing shampoo**
- C. Volumizing mousse**
- D. Texturizing spray**

8. What does the term "hair density" refer to?

- A. The number of hair strands on the head**
- B. The amount of volume in styled hair**
- C. The texture of individual strands of hair**
- D. The overall length of the hair**

9. What term is used to describe a disease caused by harmful microorganisms?

- A. Infectious disease**
- B. Contagious disease**
- C. Chronic disease**
- D. Acute disease**

10. Which type of client should avoid bleach treatments?

- A. Clients with normal hair**
- B. Clients with healthy hair**
- C. Clients with compromised or highly damaged hair**
- D. Clients with thick hair**

Answers

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

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Explanations

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1. What are the two basic types of wrapping hair around a perm rod?

- A. Curl spiral and croquignole
- B. Croquignole perm wrap and spiral wrap**
- C. Curl and twist wrap
- D. Straight and curly wrap

The correct answer identifies the two primary techniques used for wrapping hair around a perm rod: the croquignole perm wrap and the spiral wrap. In the croquignole perm wrap technique, the hair is wrapped in a way that the ends of the hair strands are wrapped first, usually from the ends toward the scalp. This method tends to produce more volume at the roots, and the resulting curls are tight and well-defined. On the other hand, the spiral wrap involves wrapping the hair at an angle around the rod, creating a spiral effect from the scalp to the ends. This technique leads to a more elongated curl pattern, which can give a different styling effect compared to the croquignole method. Understanding these two fundamental techniques is essential for stylists because they allow for varied results in perming, which can cater to different client preferences and desired outcomes in hair texture and volume.

2. What is the benefit of using a pH balanced shampoo?

- A. It enhances hair color
- B. It minimizes damage to the hair**
- C. It increases hair thickness
- D. It adds hydration

Using a pH balanced shampoo is beneficial because it helps to minimize damage to the hair. The pH scale ranges from 0 to 14, with values below 7 being acidic and above 7 being alkaline. Hair and scalp are naturally slightly acidic, with a pH around 4.5 to 5.5. When you use a shampoo that is pH balanced, it is formulated to closely match this natural level, which helps to maintain the health of the hair and scalp. Using products with an inappropriate pH can lead to a variety of issues. For instance, highly alkaline shampoos can raise the hair cuticles, making the hair more prone to damage, dryness, and brittleness. By maintaining a pH that is compatible with the hair's natural state, pH balanced shampoos can help to keep the cuticles flat, which leads to smoother, shinier hair that is less susceptible to breakage and environmental stressors. While other options like enhancing hair color, increasing hair thickness, or adding hydration are valuable aspects of hair care, they are more directly influenced by other factors, such as the product's specific ingredients rather than simply its pH balance.

3. What is formed between amino acids?

- A. Peptide bond**
- B. Disulfide bond**
- C. Hydrogen bond**
- D. Salt bond**

The formation of a peptide bond between amino acids is a fundamental concept in biochemistry and molecular biology. When two amino acids come together through a dehydration synthesis reaction, the carboxylic acid group of one amino acid reacts with the amino group of another. This reaction results in the release of a water molecule, and a covalent bond is formed between the carbon of the carboxylic acid and the nitrogen of the amino group, resulting in a peptide bond. Peptide bonds are key to creating polypeptides and proteins, as they link amino acids together in a specific sequence, which ultimately determines the structure and function of the resulting protein. Understanding how peptide bonds are formed helps explain the building blocks of proteins and their importance in biological processes. While disulfide bonds, hydrogen bonds, and salt bonds also play significant roles in protein structure and stability, they are not the primary connections between individual amino acids in a chain. Disulfide bonds form between the sulfur atoms of cysteine residues, hydrogen bonds can occur between different parts of a protein or between side chains, and salt bonds are ionic attractions between charged side chains. These interactions contribute to the overall 3D structure of proteins but do not form the initial linkage between the amino acids themselves.

4. What does the term "double process" refer to in hair coloring?

- A. The technique of using two different colors simultaneously**
- B. The process of bleaching and then applying color**
- C. A color technique combining highlights and lowlights**
- D. A method of layering hair color**

The term "double process" in hair coloring specifically refers to the technique of bleaching the hair first to lift the natural color, followed by the application of a new color. This method is commonly used when a significant change in hair color is desired, such as going from dark to light. During the bleaching phase, the natural pigments in the hair are removed to create a blank canvas. Afterward, a chosen color is applied, which allows for more vibrant and true-to-tone results. This process is essential for achieving lighter shades or for significantly altering the hair color, as it ensures that the new hue will show up clearly and vividly. In contrast, the other options describe different hair coloring techniques or concepts that do not align specifically with the definition of "double process." Using two different colors simultaneously, combining highlights and lowlights, or layering hair color focus on different applications and techniques that do not necessarily involve the bleaching step followed by coloration.

5. The natural pH of hair typically falls within which range?

- A. 3.5 - 4.5
- B. 4.5 - 5.5**
- C. 5.5 - 6.5
- D. 6.5 - 7.5

The natural pH of hair typically falls within the range of 4.5 to 5.5. This slightly acidic pH is important for maintaining the health and integrity of the hair. The acidity helps to keep the cuticle layer tightly closed, which reduces frizz, enhances shine, and prevents environmental damage. Additionally, products that fall within this pH range are generally gentler on the hair and scalp, providing optimal conditions for the hair's natural oils to keep it moisturized and healthy. When hair is exposed to products or treatments that are significantly outside this pH range—either too acidic or too alkaline—it can lead to issues like cuticle lifting, which may cause damage, dryness, and breakage. Understanding the natural pH of hair is essential for hairstylists to select appropriate products and techniques that promote hair health.

6. What technique is commonly used to add volume at the roots of hair?

- A. Smoothing
- B. Blow-drying
- C. Teasing**
- D. Layering

Teasing is a hairstyling technique specifically utilized to add volume at the roots by creating a fuller look. This is achieved by backcombing or backbrushing sections of hair, which involves pulling the hair strands towards the roots. As a result, this action interlaces the strands together, making the hair appear more voluminous and providing lift at the scalp. While blow-drying can also contribute to volume, particularly when a round brush is used to lift the hair at the roots, it is not as direct a method for achieving the same level of textural volume as teasing. Smoothing focuses on creating a sleek appearance rather than volume, and layering addresses the overall shape of the hairstyle rather than increasing root lift. Thus, teasing stands out as the most effective technique for specifically enhancing volume at the roots.

7. Which product is likely to restore moisture to dry hair?

- A. Hair gel**
- B. Moisturizing shampoo**
- C. Volumizing mousse**
- D. Texturizing spray**

Restoring moisture to dry hair is primarily the role of a moisturizing shampoo, making it the correct choice in this context. Moisturizing shampoos are formulated with ingredients that help hydrate and nourish the hair strands, often containing emollients and humectants. These ingredients work together to improve hair's hydration levels, enhance softness, and reduce frizz. In contrast, hair gel typically offers hold and structure to hairstyles but does not significantly contribute to moisture restoration. Volumizing mousse primarily focuses on adding body and fullness to hair, which may not address dryness. Similarly, texturizing sprays are designed to enhance texture and definition in hair, rather than provide moisture. Thus, while all products have their unique purposes, a moisturizing shampoo specifically targets the need to restore and maintain moisture levels in dry hair.

8. What does the term "hair density" refer to?

- A. The number of hair strands on the head**
- B. The amount of volume in styled hair**
- C. The texture of individual strands of hair**
- D. The overall length of the hair**

The term "hair density" specifically refers to the number of hair strands present on the scalp. This characteristic can vary significantly from person to person; some individuals may have a thick density with many strands of hair closely packed together, while others may have a lower density with fewer strands. Understanding hair density is crucial for hairstylists as it influences the hair's overall appearance, how it responds to styling, and how products may interact with it. For example, higher density hair might require different cutting techniques or products compared to lower density hair to achieve the desired look. The other choices pertain to different attributes related to hair, such as volume, texture, and length, but they do not accurately define what hair density is. Recognizing the distinction between these terms is important for effective communication and technique application in hairstyling.

9. What term is used to describe a disease caused by harmful microorganisms?

- A. Infectious disease**
- B. Contagious disease**
- C. Chronic disease**
- D. Acute disease**

The correct term to describe a disease caused by harmful microorganisms is "infectious disease." This classification encompasses a variety of illnesses that can be caused by bacteria, viruses, fungi, and parasites. Infectious diseases can be transmitted from one person to another, or can occur due to contact with contaminated environments, surfaces, or food. Contagious disease refers specifically to infections that are easily spread from one individual to another, typically through direct contact or through the air. While all contagious diseases are infectious, not all infectious diseases are contagious. Chronic disease is a long-lasting condition that can be controlled but not cured; it is not necessarily caused by microorganisms, which makes it distinct from infectious diseases. Acute disease describes conditions that develop quickly and are often severe but may not be caused by infectious agents. Therefore, the term "infectious disease" accurately captures the essence of diseases specifically caused by harmful microorganisms.

10. Which type of client should avoid bleach treatments?

- A. Clients with normal hair**
- B. Clients with healthy hair**
- C. Clients with compromised or highly damaged hair**
- D. Clients with thick hair**

Clients with compromised or highly damaged hair should avoid bleach treatments because bleach is a strong chemical that can strip the hair of its natural moisture and protein. When hair is already weak, frizzy, or brittle, the harsh effects of bleach can exacerbate the damage, leading to further breakage, extreme dryness, or an overall unhealthy appearance. Thriving hair can handle some chemical processing, but previously compromised hair lacks the strength to withstand additional stress from bleach. This is critical to prevent irreversible damage, as well as to maintain the integrity and health of the hair. On the other hand, clients with normal, healthy, or thick hair may have the necessary resilience to undergo bleaching. While care and professional assessment are essential for all clients, those with healthy hair are often better able to tolerate bleach treatments, as they have a stronger foundation to begin with and can typically recover from chemical processes more effectively.

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://redsealhairstyling.examzify.com>

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

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