

# PRACTICE EXAM 3: RED SEAL HAIRSTYLIST SIMULATION (120 QUESTIONS)

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1. A client's skin reacts with redness, swelling, and itching 10 minutes after a patch test for permanent hair colour. The reaction is localized to the test site. What does this result indicate and what is the correct action?

- A. A normal response; proceed with the colour service as the redness will subside
- B. A positive reaction indicating sensitivity; do not proceed with the service
- C. An inconclusive result; reapply the product to the same site and wait again
- D. A negative reaction; the product is safe and the service may proceed immediately

2. During a shampoo service, you notice small, greyish, oval insects attached to the hair shaft near the scalp along with tiny eggs cemented to the hair. What is the appropriate professional response?

- A. Stop the service, refer the client to a physician or pharmacist, and disinfect tools and the station
- B. Continue with a medicated shampoo to remove the insects during the same appointment
- C. Complete the haircut quickly and advise the client to wash at home with hot water
- D. Apply a strong chemical relaxer to the scalp to eliminate the infestation immediately

3. A client requests a one-length blunt cut. To achieve a perfectly straight, solid perimeter line with maximum weight, which elevation and cutting position should be used?

- A. 90-degree elevation with the head tilted forward throughout the cut
- B. 45-degree elevation cutting with a travelling guide from crown to nape

- C. 180-degree elevation over-directing all hair to a stationary guide at the crown
- D. Zero elevation (0 degrees) cutting to a stationary guide with the head upright

4. You are formulating to lift a client's level 5 natural hair to a level 8 with a cool ash result. The hair has no previous colour. Which underlying pigment must your toner or colour neutralize at the target level?

- A. Red-orange underlying pigment requires a green-based neutralizer
- B. Blue underlying pigment requires an orange-based neutralizer
- C. Orange-yellow underlying pigment requires a blue-violet neutralizer
- D. Violet underlying pigment requires a yellow-based neutralizer

5. A client with a pacemaker-style implanted medical device is unrelated here; instead the client discloses she is in her first trimester of pregnancy and wants a full head of permanent colour. What is the most appropriate professional approach?

- A. Refuse all chemical services for the entire duration of the pregnancy without exception
- B. Proceed with the full permanent colour exactly as requested with no modifications
- C. Advise the client to consult her physician and consider off-scalp techniques like foiling with a patch test
- D. Use a stronger developer to reduce processing time and limit chemical exposure overall

6. During a virgin permanent wave application, you apply waving lotion to the hair. The purpose of the waving lotion (reducing agent) in the chemical process is to:

- A. Break the disulfide bonds in the cortex by reduction, softening the hair for reshaping
- B. Re-form the disulfide bonds permanently to lock the new curl pattern into place

- C. Raise the cuticle only, leaving the cortex bonds completely undisturbed during processing
- D. Add artificial pigment to the cortex to deepen the natural colour during the wave

7. A client's hair feels gummy, stretches excessively when wet, and fails to return to shape. This is most consistent with which condition, and what is the implication for chemical services?

- A. Over-processed/damaged hair with broken bonds; chemical texture and lightening services are contraindicated
- B. Healthy resistant hair that simply requires a stronger chemical formulation to process
- C. Normal porosity hair that is fully suitable for any aggressive chemical service
- D. Product buildup only, which a clarifying rinse will fully resolve before any chemical service

8. When performing a graduated bob, the stacking of weight at the back is created primarily by:

- A. Cutting all sections at zero elevation to a single stationary guide
- B. Increasing elevation in the back sections to build layered weight above the perimeter
- C. Over-directing all hair forward to the front hairline as a guide
- D. Slide cutting the ends to remove all weight from the interior

9. A client wants to go from a level 3 (dark brown) box-dyed colour to a level 8 blonde in one appointment. The hair has heavy build-up of metallic dye. What is the safest professional decision?

- A. Apply a high-volume lightener immediately to lift through the dark colour in one process
- B. Apply permanent colour at level 8 directly, since lighter colour lifts darker colour
- C. Decline the single-session change; perform a strand test and plan a gradual multi-session lift

D. Use a chemical relaxer first to strip the metallic dye before lightening the hair

10. Within the disinfection hierarchy, which statement correctly distinguishes the levels of decontamination used in a salon?

A. Sterilization is the lowest level and is sufficient for combs that touch intact skin only

B. Sanitizing destroys all microbial life including bacterial spores on non-porous surfaces

C. Disinfection with a hospital-grade EPA/Health Canada registered product destroys most pathogens on hard, non-porous tools

D. Cleaning alone with soap and water disinfects implements fully for reuse on clients

11. A client receiving a chemical relaxer reports a stinging, burning sensation partway through processing. The most appropriate immediate action is to:

A. Add more relaxer to the irritated area to speed completion and reduce total exposure time

B. Continue processing to the manufacturer's full recommended time regardless of the sensation

C. Apply heat to accelerate the chemical reaction and finish the service faster

D. Begin rinsing immediately with cool water, then neutralize, prioritizing client safety

12. A hydroxide relaxer and a thio relaxer should never be used on the same hair because:

A. They both add identical strength and the result simply doubles unnecessarily

B. Hydroxide relaxers are reversible by thio and the curl will simply return

C. They are fully compatible and switching between them improves the relaxer result

D. The chemistries are incompatible and combining them causes severe breakage

13. When draping a client for a chemical service versus a basic haircut, the key difference is:

- A. A chemical service uses a waterproof cape with a towel/neck strip to protect skin from chemicals
- B. A basic haircut requires a waterproof cape while chemical services need only a cloth cape
- C. Neither service requires any draping if the client is wearing dark clothing
- D. The same cloth cape is used identically for both services with no modification

14. A client's natural level is 6 with 50% grey. She wants full grey coverage at a natural level 6. Which formulating principle applies to ensure opaque coverage of resistant grey?

- A. Use only a high-lift blonde series to deposit enough pigment into the grey
- B. Use a colour with sufficient natural/neutral base tone, often adding "N" series for opacity
- C. Use a clear demi-permanent gloss alone, which fully covers resistant grey
- D. Use a violet-based ash formula exclusively to maximize grey coverage

15. The primary structural protein of hair, found in the cortex and responsible for hair's strength and elasticity, is:

- A. Melanin, which also determines the hair's natural strength
- B. Collagen, which forms the bulk of the hair shaft
- C. Keratin, a fibrous protein cross-linked by disulfide and other bonds
- D. Elastin, which provides the hair's ability to stretch and recoil

16. You are performing colour correction on hair that has turned an unwanted brassy orange after a previous lightening attempt. The hair is at a level 7 orange stage. The most effective corrective toner uses which dominant tone?

- A. A yellow-gold toner to add warmth and balance the orange
- B. A red-orange toner to match and blend with the existing tone
- C. A green/blue-green base toner to neutralize the orange
- D. A blue-violet base toner, since violet neutralizes orange directly

17. A right-handed stylist cutting a uniform layered (round-layered) cut should establish the interior guide by:

- A. Cutting a stationary perimeter guide at zero elevation and ignoring the interior entirely
- B. Over-directing all interior hair down to the nape as a single stationary guide
- C. Elevating sections to 90 degrees and cutting to a travelling guide following the head's curve
- D. Slide cutting the surface only without sectioning the interior

18. When mixing a permanent oxidative colour, the developer (hydrogen peroxide) functions to:

- A. Reduce the colour molecules so they wash out of the cuticle after one shampoo
- B. Coat the cuticle surface only, depositing temporary stain that fades quickly
- C. Oxidize the dye precursors and provide lift by acting on natural melanin
- D. Permanently break the disulfide bonds to reshape the hair structure

19. A client wants beach waves that last. You recommend a permanent wave using a specific rod. To create a large, loose, uniform wave from scalp to ends, you select:

- A. A very small concave rod wrapped with high tension on tiny subsections
- B. A large straight rod, which produces a wider, more even wave formation
- C. A spiral wrap on pipe-cleaner rods for a tight corkscrew effect
- D. A croquignole wrap on the smallest available rod for maximum volume

20. Porosity refers to the hair's ability to absorb moisture or chemicals. Hair with high porosity will typically:

- A. Resist all chemical penetration and require extended processing times
- B. Have a tightly closed, smooth cuticle that repels liquids completely
- C. Absorb product quickly and may grab colour unevenly, processing faster than expected
- D. Be completely unaffected by any chemical service applied to it

21. A client requests a razor cut for a soft, textured, tapered finish. The most important condition for safe razor cutting is that the hair must be:

- A. Completely dry to allow the razor to glide cleanly through the section
- B. Coated in a thick styling gel to protect the cuticle from the blade
- C. Sectioned at zero elevation only to prevent the razor from slipping
- D. Wet, because razoring dry hair causes excessive damage and tearing of the cuticle

22. During scalp analysis you observe red, inflamed patches with silvery-white scales at the hairline and behind the ears. The professional response is to:

- A. Apply a deep-conditioning treatment and proceed with the colour service as planned
- B. Recognize a possible non-infectious scalp condition, avoid irritation, and refer to a physician
- C. Vigorously brush the scales away before shampooing to clear the scalp
- D. Apply a strong clarifying and exfoliating chemical treatment to remove the patches

23. A double-process blonde service involves two distinct chemical steps. These are correctly described as:

- A. First lightening (pre-lightening) the hair, then applying a toner to achieve the final tone
- B. First applying a relaxer, then applying a permanent wave to add texture
- C. First toning, then lightening to remove the toner and lift the base
- D. First colouring darker, then immediately lightening back to the original level

24. You are blow-drying fine hair that lacks volume. To maximize lift at the base, you should:

- A. Direct airflow from the ends toward the scalp against the hair's growth
- B. Use only cool air on flat, low-tension sections pressed against the scalp
- C. Apply heavy oil to the roots before drying to weigh the hair down for control
- D. Lift sections and direct heat at the base while drying over-directed away from growth

25. A client with a chemically relaxed history wants to add a permanent wave for more body. The correct professional advice is:

- A. The two services are incompatible on the same hair and will cause severe breakage
- B. Apply the wave with the strongest lotion available to overcome the relaxed texture
- C. Relax again first, then immediately wave for the strongest combined result
- D. Wave only the relaxed areas and skip the new growth entirely for balance

26. The acid mantle of healthy hair and skin has a pH in which range, and why does this matter for product selection?

- A. pH 4.5–5.5 (slightly acidic); products in this range keep the cuticle compact and hair healthy
- B. pH 7.0 (neutral); only neutral products should ever contact the hair
- C. pH 9.0–10.0 (alkaline); the hair naturally functions best in an alkaline state
- D. pH 2.0–3.0 (strongly acidic); strong acids are required to maintain hair health

27. A client's fine, limp hair tends to collapse after styling. When selecting a chemical wave, you should account for the fact that fine hair:

- A. Is the most resistant texture and needs the longest possible processing time
- B. Processes faster and is more easily damaged, requiring careful timing and milder formulas
- C. Cannot be permed under any circumstances due to its diameter
- D. Requires the largest rods and the strongest lotion for any visible result

28. When performing a men's tapered haircut blending from short to longer, the technique used to remove the visible weight line between lengths is:

- A. Cutting a single blunt line at zero elevation across the entire head

- B. Over-directing all hair to a stationary guide at the crown only
- C. Using a razor at the perimeter to create one solid heavy line
- D. Cross-checking and blending with clipper-over-comb or scissor-over-comb graduation

29. A client books a colour service. Patch (predisposition) testing for aniline-derivative dyes should be performed:

- A. Only on clients who have never coloured their hair before in their lives
- B. After the colour is applied, to confirm the result is not allergic
- C. 24 to 48 hours before each application of the colour service
- D. Only once in a client's lifetime, after which no further testing is needed

30. Hard water in a salon contains dissolved minerals. Its effect on hair services is that it:

- A. Softens the hair and improves the penetration of all chemical products
- B. Has no measurable effect on shampooing, colour, or chemical processing
- C. Can leave mineral deposits, reduce lather, and interfere with chemical results
- D. Completely neutralizes all permanent colour on contact during rinsing

31. A client's hair has been previously coloured darker on the mid-lengths and ends, but the new growth at the scalp is her natural level. To achieve an even single-level colour, the formulating challenge is to:

- A. Address the band by treating regrowth and previously coloured hair as different starting points
- B. Apply one formula from scalp to ends simultaneously for a uniform single process

- C. Lighten only the natural regrowth to match the darker ends in one application
- D. Apply the darkest available colour over the entire head to mask all variation

32. Galvanic and high-frequency are types of:

- A. Chemical relaxers used on extremely coarse, resistant hair
- B. Permanent waving solutions for resistant grey hair
- C. Cutting techniques used to texturize thick hair
- D. Electrotherapy currents sometimes used in scalp and facial treatments

33. When sectioning for a permanent wave, the base size of each subsection should not be larger than:

- A. Three times the diameter of the rod to ensure deep, even penetration
- B. The length of the entire hair strand regardless of rod size
- C. Half the width of a standard cutting comb in all cases
- D. The diameter of the rod being used, to ensure proper wrapping and penetration

34. A client wants highlights but has very dark, previously lightened ends and darker regrowth. The strand test reveals the ends lift to pale yellow while regrowth stays orange. This tells you that:

- A. The hair is uniform and a single lightener application will produce an even result
- B. The regrowth and ends have different lift speeds and require zoned/staggered application
- C. The ends are healthier than the regrowth and should be processed longer
- D. No lightener is needed because the hair will self-correct during toning

35. The cosmetic purpose of a colour filler before a tint-back (returning lightened hair to a darker natural shade) is to:

- A. Lighten the hair further to ensure the darker colour deposits evenly
- B. Remove all existing pigment so the new colour has a clean canvas
- C. Close the cuticle permanently so no further colour can be deposited
- D. Replace missing underlying warm pigment so the darker colour looks natural and even

36. During a haircut, you must cross-check your work. Cross-checking means:

- A. Comparing your cut to a photograph the client brought to the appointment
- B. Cutting the same section twice to remove additional length for safety
- C. Checking the client's scalp for any irritation before continuing the cut
- D. Re-checking sections at the opposite angle (e.g., horizontal vs. vertical) to confirm evenness

37. A semi-permanent (no-lift) colour differs from a permanent colour in that semi-permanent colour:

- A. Deposits only, does not lift natural pigment, and gradually washes out
- B. Lifts and deposits simultaneously and is completely permanent
- C. Requires a high-volume developer to penetrate the cortex fully
- D. Lightens the natural hair by several levels with each application

38. A client with chemically lightened, high-porosity hair wants a vivid fashion colour. To prevent the colour from grabbing unevenly and looking patchy, you should first:

- A. Apply the vivid colour immediately at full saturation to overpower the porosity
- B. Even out the porosity (e.g., with a filler or protein treatment) before applying the vivid
- C. Apply a strong lightener again to open the cuticle further before colouring
- D. Skip any preparation, since porous hair always takes vivid colour evenly

39. The correct neutralizing (oxidizing) step after a permanent wave processes serves to:

- A. Reduce the hair bonds a second time for a stronger, tighter curl pattern
- B. Strip all artificial colour from the hair before the curl sets in place
- C. Add moisture only, with no effect on the chemical bond structure of the curl
- D. Re-form the disulfide bonds in their new curled position, fixing the wave

40. A client requests a layered cut with movement on top but length and weight kept at the perimeter. The cutting strategy is to:

- A. Cut the entire head at zero elevation to remove all interior layers
- B. Over-direct everything to a single nape guide to remove perimeter length
- C. Layer the interior at higher elevation while cutting the perimeter at low elevation to retain length
- D. Razor the perimeter heavily to remove all weight from the ends

41. Trichology is the study of:

- A. The chemical composition of permanent colour products
- B. Salon business operations and front-desk management

- C. The hair and scalp, including their structure, function, and diseases
- D. The cutting geometry used to create graduated and layered shapes

42. When a relaxer is processed and then neutralized with a neutralizing shampoo, the neutralizer's chemical role is to:

- A. Re-break the bonds so the hair can be re-relaxed if needed later
- B. Stop the chemical action by lowering pH and rebuilding/oxidizing the bonds in the new straight form
- C. Add curl back into the hair to soften the straightened result
- D. Lighten the hair to remove any discoloration caused by the relaxer

43. A client wants to maintain vibrant red colour that fades quickly. The best professional advice regarding red molecules is that:

- A. Red pigment molecules are large and fade fastest, so recommend colour-safe care and refresh glosses
- B. Red molecules are the smallest and most stable, so fading is impossible with proper care
- C. Red colour never fades and requires no special maintenance after application
- D. Red can only be maintained by re-lightening the hair before every refresh

44. Excessive tension during a permanent wave wrap is most likely to cause:

- A. A weaker, looser curl because tension prevents the lotion from working
- B. Hair breakage and scalp irritation, and possibly straight, unwaved areas at the bands
- C. A perfectly uniform curl with no risk to the hair or scalp

D. Faster, deeper colour deposit during the chemical process

45. A first-time client describes previous "allergic" itching and blistering after henna-based products and now wants a permanent oxidative colour. Your safest course of action is to:

- A. Proceed because henna and oxidative colour are chemically unrelated and pose no risk
- B. Apply the oxidative colour at half strength to reduce any allergy risk completely
- C. Use a metallic dye instead, which never triggers allergic reactions
- D. Conduct a predisposition (patch) test and document it, and consider declining if reactive

46. When colour-correcting hair that is too dark after a tint, the appropriate first approach (before resorting to harsh lightening) is often to:

- A. Apply a permanent colour two levels darker to even out the result
- B. Apply a chemical relaxer to break down the colour molecules quickly
- C. Use a colour remover (dye solvent) or gentle cleansing to reduce artificial pigment
- D. Re-tint immediately with the same formula at a higher developer volume

47. The growth (anagen), transition (catagen), and resting (telogen) stages describe:

- A. The chemical phases of an oxidative colour reaction
- B. The processing stages of a permanent wave service
- C. The hair growth cycle of each individual follicle
- D. The levels of the hair colour depth-and-tone system

48. A client with extremely coarse, resistant grey hair needs full coverage. To improve colour penetration into resistant grey, an effective technique is to:

- A. Use the lowest possible developer volume to slow the deposit
- B. Apply the colour to dry, dirty hair to protect the cuticle from the dye
- C. Skip the strand test since resistant grey always covers easily
- D. Pre-soften the resistant hair or use a higher (but appropriate) developer/processing time

49. Onychomycosis, tinea, and impetigo are examples of conditions that a hairstylist must recognize because they are:

- A. Infectious/contagious conditions that contraindicate service and require referral
- B. Normal scalp variations that have no impact on salon services
- C. Desirable hair textures that respond well to chemical services
- D. Types of permanent colour formulations used for grey coverage

50. When shampooing, the chemical reason a shampoo cleanses is that surfactant molecules:

- A. Chemically bond colour pigment permanently into the cortex during washing
- B. Raise the cuticle and dissolve the disulfide bonds to soften the hair
- C. Have a water-attracting (hydrophilic) and oil-attracting (lipophilic) end that lift away dirt and oil
- D. Add protein into the hair shaft to permanently strengthen the structure

51. A balayage (freehand painting) technique differs from traditional foil highlighting primarily because balayage:

- A. Is painted on freehand for a soft, blended, natural grow-out with surface saturation
- B. Always uses the highest volume developer wrapped tightly in foil for maximum lift
- C. Requires a chemical relaxer step before any lightener is applied
- D. Can only be performed on previously permed or relaxed hair textures

52. A client's scalp shows numerous small, round, pustular lesions around several follicles. This presentation is most consistent with:

- A. Folliculitis (inflammation/infection of the follicles), which contraindicates service and warrants referral
- B. Normal sebum production requiring only a clarifying shampoo before service
- C. Healthy follicle activity indicating the hair is in a strong growth phase
- D. A desirable scalp texture that improves chemical processing results

53. When formulating colour, the "level" of a colour refers to:

- A. The amount of developer required to process the formula correctly
- B. The warmth or coolness (the tone) of the colour only
- C. The degree of lightness or darkness of the colour, on a scale of 1–10
- D. The brand and product line from which the colour is selected

54. A guest is in the chair and you realize mid-cut that the previous stylist created uneven, stepped layers (a "ledge"). The professional way to correct a visible weight line is to:

- A. Identify the corner/ledge, then blend by re-elevating and cross-checking to remove the line

- B. Leave the line and tell the client it is the intended modern style
- C. Cut the entire head shorter than the lowest layer to start over completely
- D. Apply texturizing product to hide the line without re-cutting anything

55. A neutralizing shampoo (normalizing/acid rinse) after a hydroxide relaxer is essential because hydroxide relaxers:

- A. Leave the hair at a neutral pH that requires no further adjustment
- B. Are acidic and need an alkaline rinse to balance the hair afterward
- C. Are self-neutralizing and any additional rinsing damages the hair
- D. Are highly alkaline; failing to neutralize leaves residual chemical and risks continued breakage

56. The free edge, nail plate, and matrix are anatomical features relevant to a hairstylist who also performs:

- A. Permanent colour application on the scalp area
- B. Chemical relaxing of extremely coarse hair textures
- C. Basic nail/hand services as part of specialized salon offerings
- D. Cutting techniques requiring elevation and over-direction

57. When lightening hair, the stages of decolourization (from darkest to lightest) proceed in which general order?

- A. Pale yellow → yellow → orange → red → brown → black
- B. Yellow → gold → orange → red, ending at the natural black base

C. Green → blue → violet → red as the melanin is dispersed evenly

D. Black/brown → red → red-orange → orange → gold → yellow → pale yellow

58. A client wants the same vivid colour result as a photo of hair that was a completely different starting level. To set realistic expectations, you should explain that:

A. The final result depends on her starting level, history, and condition, so the outcome will differ

B. Any starting colour can match the photo exactly in a single appointment guaranteed

C. The photo level is irrelevant because all colour formulas produce identical results

D. Only the developer volume matters, so the photo can be matched regardless of her hair

59. Sodium hydroxide (lye) relaxers compared with no-lye (calcium/guanidine hydroxide) relaxers generally:

A. Are milder and gentler, recommended for the most sensitive scalps and damaged hair

B. Contain no hydroxide and therefore are not true relaxers at all

C. Require no neutralizing step because they are pH balanced when applied

D. Are stronger and faster but can be more irritating; no-lye options can leave mineral buildup

60. The primary safety reason for never leaving a client unattended during a chemical service is that:

A. Salon policy requires constant conversation to keep the client entertained

B. The client may adjust the cape and disturb the foils accidentally

C. Over-processing, chemical burns, or allergic reactions can develop and require immediate action

D. The product warranty is voided if the stylist steps away during processing

61. A client with a level 4 natural base wants a warm caramel level 6 with no obvious regrowth line in future. The best long-term colour strategy is to:

- A. Use the maximum developer volume to lift four levels in a single bold process
- B. Choose a level close to natural with a blended technique to soften future regrowth
- C. Apply a box dye at home between salon visits to maintain the colour cheaply
- D. Lighten to pale yellow first, then deposit the caramel to guarantee the tone

62. Capillary action and the structure of the cuticle explain why low-porosity hair:

- A. Absorbs water and chemicals almost instantly with no resistance at all
- B. Has a tight, compact cuticle that resists penetration and may need extra prep to process
- C. Cannot hold any moisture and always appears dry and brittle
- D. Is always damaged and unsuitable for any chemical service whatsoever

63. When a client's colour result turns out too warm/brassy after a lift-and-deposit single process, the corrective gloss should be formulated using:

- A. A warm gold-based gloss to enhance and embrace the existing warmth
- B. A red-violet gloss to deepen the brassiness into a richer tone
- C. A cool/ash (blue or blue-violet) toner to counteract the unwanted warmth
- D. A clear gloss only, which removes brassiness without adding any tone

64. A "weight line" in a graduated haircut is created at the point where:

- A. The hair is cut at the highest possible elevation across the whole head
- B. The build-up of layered lengths stacks to form a visible heavier area
- C. The razor removes all weight from the interior of the cut
- D. The perimeter is cut bluntly at zero elevation with no graduation at all

65. Hydrogen peroxide developer volumes correspond to lifting power. A 20-volume (6%) developer is generally used to:

- A. Provide maximum lift of four or more levels for high-lift blondes
- B. Deposit colour only with zero lift, as a no-lift demi developer
- C. Lift approximately 1–2 levels and provide standard grey coverage
- D. Strip all colour from the hair as a colour-removing solvent

66. Before any chemical service, recording the client's hair history, previous treatments, and current condition on a consultation/record card is important because it:

- A. Documents the analysis, supports safe formulation, and protects both client and stylist
- B. Is only required for first-time clients and never updated afterward
- C. Replaces the need to perform any strand or patch testing entirely
- D. Is a marketing tool used only to sell retail products to the client

67. A spiral perm wrap (long hair wound from scalp to ends on a vertical rod) produces:

- A. A flat, wave-free result with no curl along the hair length
- B. Tighter curl only at the ends with the scalp area left straight
- C. A graduated curl that is tight at the scalp and loose at the ends only
- D. A uniform corkscrew curl along the entire length of the hair strand

68. When mixing and applying lightener, applying to the mid-lengths and ends first (before the scalp) is often recommended because:

- A. The ends are always the most resistant area and need the head start
- B. The scalp area never lifts and should be skipped entirely during the service
- C. Body heat at the scalp speeds processing there, so roots are applied last to lift evenly
- D. The mid-lengths contain no melanin and therefore process the slowest of all

69. A client with traction alopecia (hair loss from tight styling) over time should be advised to:

- A. Continue tight styles because the hair will adapt and strengthen with time
- B. Apply a chemical relaxer to reduce the tension on the follicles permanently
- C. Avoid tight, tension-causing styles and allow the follicles to recover
- D. Use the tightest possible braids to stimulate faster regrowth at the roots

70. The cortex of the hair is significant in chemical services because it:

- A. Is the outermost protective layer made of overlapping scale-like cells
- B. Contains the melanin (natural pigment) and the bonds that colour, perms, and relaxers act upon

- C. Is the central core present only in coarse hair and has no role in chemistry
- D. Is the only layer responsible for the hair's shine and surface smoothness

71. A client requests a complete change from waist-length to a chin-length bob. Best practice before the first cut is to:

- A. Begin cutting at the perimeter immediately to save the client's time
- B. Cut off most of the length in one section before consulting the client
- C. Section the hair and remove length gradually while confirming the target length with the client
- D. Use thinning shears across the whole head before establishing the new length

72. The neutralization (oxidation) reaction at the end of a thio perm is sensitive to timing because:

- A. Under-neutralizing strengthens the curl while over-neutralizing has no effect at all
- B. Neutralizing time is irrelevant once the reducing lotion has been rinsed
- C. Improper neutralizing can cause weak curl, relaxing of the curl, or damage to the hair
- D. Neutralizing changes the hair's natural colour and must be timed for tone

73. A clarifying shampoo is best used before a colour service when the hair has:

- A. Extremely high porosity that needs the cuticle sealed before colouring
- B. Product or mineral build-up that could block even colour penetration
- C. A fresh chemical relaxer that must remain on the hair during colouring
- D. No previous chemical history and a perfectly clean, balanced surface

74. When performing a colour melt or seamless blend between two shades, the key technique is to:

- A. Apply both colours with a hard, defined horizontal line between them
- B. Blend the application zone so the two colours transition without a visible demarcation
- C. Process each colour on opposite sides of the head separately for contrast
- D. Use only one colour and rely on the lighting to suggest a second shade

75. A client with very oily hair and scalp would benefit from a shampoo and home-care advice that:

- A. Adds heavy oils and silicones to the scalp to balance the oil production
- B. Eliminates all washing entirely so the scalp regulates its own oil
- C. Uses a rich moisturizing/conditioning shampoo formulated for dry, brittle hair
- D. Gently cleanses excess sebum without over-stripping, plus appropriate scalp care

76. The disulfide bond is the strongest bond in the hair and is the target of:

- A. Temporary styling such as wet sets and blow-drying only
- B. Shampooing and conditioning, which break and reform it daily
- C. Surface gloss treatments that coat but never penetrate the hair
- D. Permanent waving and chemical relaxing, which break and re-form it

77. A client's previously coloured hair shows a visible line of demarcation between old colour and regrowth. To blend this band on a refresh, you should:

- A. Apply the colour from scalp to ends all at once at full processing time
- B. Apply colour to the regrowth first, then refresh the ends for the final minutes
- C. Apply colour to the ends only and leave the regrowth its natural level
- D. Lighten the entire length first to erase the line before colouring

78. When using clipper-over-comb on a tapered nape, holding the comb at a consistent angle is important because it:

- A. Prevents the clippers from ever touching the comb during the cut
- B. Controls the amount of hair left and creates a smooth, even graduation
- C. Removes the need to ever cross-check the finished taper for evenness
- D. Eliminates the need for any scissor work elsewhere in the haircut

79. A client wants to lift dark virgin hair to a light blonde and asks why it must go through orange and yellow stages. You explain that lightening:

- A. Disperses and decolourizes natural melanin in stages, exposing warm undertones along the way
- B. Adds artificial orange and yellow dye that must be removed at the end
- C. Breaks the disulfide bonds, which appear orange and yellow as they dissolve
- D. Has nothing to do with melanin; the stages are caused by the developer's own colour

80. When draping and protecting a client receiving a lightener service, applying a barrier and monitoring the scalp is important primarily because lightener:

- A. Has no contact with the scalp during a properly applied service

- B. Cannot cause any irritation regardless of the developer volume used
- C. Only affects the hair ends and never reaches the scalp or skin
- D. Can cause scalp irritation/burns and must be monitored throughout processing

81. Effective client consultation before a service should always include:

- A. Telling the client exactly what style they must have with no discussion
- B. Discussing the client's wishes, analyzing hair/scalp, and setting realistic expectations
- C. Beginning the chemical service first and consulting only if problems arise
- D. Skipping analysis for returning clients since their history never changes

82. A keratin/smoothing treatment differs from a hydroxide relaxer in that a smoothing treatment generally:

- A. Permanently breaks the disulfide bonds to straighten the hair forever
- B. Coats and temporarily reduces frizz/curl and gradually washes out over weeks
- C. Is far stronger than any relaxer and removes all curl permanently in one step
- D. Requires a neutralizing shampoo identical to a hydroxide relaxer process

83. The reason a strand test is performed before a full colour or lightening service is to:

- A. Satisfy a legal requirement that has no bearing on the actual result
- B. Warm up the product so it processes faster on the full head
- C. Determine processing time, predict the result, and check hair integrity before committing

D. Replace the need for any consultation or record-keeping with the client

84. A coarse-textured hair (large diameter) compared with fine hair generally:

A. Always processes faster and is more fragile during chemical services

B. Is often more resistant and may require longer processing or stronger formulation

C. Cannot accept any permanent colour because the cuticle is too thick

D. Requires the smallest rods and the mildest lotion for any perm result

85. When a perm results in a curl that is too tight, the most likely cause to review for next time is:

A. The rod was too large and the processing time was far too short

B. The rod was too small and/or the hair was over-processed

C. The neutralizer was applied for too short a time during the service

D. The waving lotion was too weak and barely penetrated the cortex

86. A client receiving a colour service has a small, open cut on the scalp. The correct professional action is to:

A. Apply the colour over the cut to seal it during the chemical process

B. Apply extra developer directly to the cut to disinfect the area

C. Vigorously massage colour into the area to ensure full coverage there

D. Avoid applying chemicals to broken skin; reschedule or work around the area safely

87. A texturizing/point-cutting technique on the ends of a haircut is used primarily to:

- A. Create one solid, blunt perimeter line with maximum weight
- B. Add elevation to the interior layers throughout the entire head
- C. Remove all length quickly across large sections at once
- D. Soften ends and remove bulk for a less blunt, more textured finish

88. A client's colour record shows a previous unsuccessful lift that left uneven banding. For the corrective service, the most controlled approach is to:

- A. Apply a single global lightener at high volume to even everything in one step
- B. Refuse any further service permanently and send the client away
- C. Zone the application by band, using strand tests to control lift in each area
- D. Apply a dark permanent colour over everything to hide the banding for good

89. The principal function of a conditioner after shampooing is to:

- A. Permanently restructure the disulfide bonds of the cortex
- B. Smooth and close the cuticle, improve detangling, and add moisture/slip
- C. Lift the natural pigment to prepare the hair for colour
- D. Replace the need for any further chemical treatment on the hair

90. When establishing salon pricing and booking, building in adequate processing and consultation time for chemical services is important because:

- A. Longer bookings always discourage clients and should be avoided entirely
- B. Rushing chemical services risks errors, poor results, and client safety issues
- C. Chemical services require no extra time beyond a standard haircut slot
- D. Consultation time can always be eliminated to fit more clients per day

91. A "double application" or "two-step" colour for going significantly lighter requires lightening then toning because:

- A. Lightener removes pigment but leaves an unwanted warm stage that toner refines
- B. Toner must always be applied before lightener to protect the hair shaft
- C. A single permanent colour can lift dark hair to pale blonde in one easy step
- D. The two steps are interchangeable and the order makes no difference at all

92. During scalp manipulation in a shampoo, using the cushions of the fingertips (not the nails) is important because it:

- A. Stimulates and cleanses without scratching or damaging the scalp
- B. Allows the stylist to apply maximum pressure to break up sebum quickly
- C. Is only a comfort preference and has no hygienic or safety relevance
- D. Removes the need to rinse the shampoo thoroughly afterward

93. A client requests permanent straightening of very curly hair. Among the options, a hydroxide relaxer works by:

- A. Coating the surface temporarily and washing out within a few weeks

- B. Reforming the disulfide bonds into a tighter curl pattern permanently
- C. Permanently breaking/rearranging the disulfide bonds (lanthionization) so curl cannot revert
- D. Adding pigment to the cortex while gently loosening the curl over time

94. When selecting the proper developer volume for a colour service, the main factors to weigh are:

- A. The brand's marketing claims and the price of the developer only
- B. The day of the week and the salon's current promotional schedule
- C. The desired amount of lift/deposit, the hair's condition, and grey percentage
- D. The client's clothing colour and the lighting in the salon at the time

95. A client with previously relaxed hair now has visible new growth that is curly. The transition area (line of demarcation) between relaxed and natural hair is:

- A. The strongest part of the hair and safe to over-process freely
- B. The most fragile point, where over-lapping relaxer causes breakage
- C. Irrelevant because relaxer can be reapplied over the whole length safely
- D. A zone that requires the strongest possible relaxer for full straightening

96. The systematic removal of weight to create graduation versus uniform layers depends primarily on:

- A. The brand of shears and the colour of the cutting cape used
- B. The client's hair colour rather than the cutting technique applied
- C. The elevation and over-direction at which the hair is held and cut

D. The temperature of the water used during the preceding shampoo

97. A client books a service and reveals she takes medication that can affect hair texture and chemical processing. The professional response is to:

A. Note it on the record card, perform strand tests, and adjust the approach as needed

B. Ignore the information because medication never affects salon chemical services

C. Refuse all services to the client permanently from that point onward

D. Double the chemical strength to overcome any medication interference quickly

98. Cleaning and disinfecting non-electrical tools between clients should follow which correct sequence?

A. Clean/wash to remove debris first, then immerse in an approved disinfectant for the listed contact time

B. Immerse dirty tools directly in disinfectant without cleaning off any debris first

C. Wipe with a dry cloth only, which fully disinfects metal implements for reuse

D. Rinse in hot water alone, which sterilizes the tools completely between clients

99. A client wants a fashion pastel colour on hair currently at a yellow (level 9) stage. To achieve a clean pastel, you should first:

A. Apply the pastel directly over the yellow, which will neutralize itself evenly

B. Darken the hair to a level 6 before applying any pastel fashion colour

C. Tone/neutralize the residual yellow to a pale, clean base before the pastel

D. Apply a relaxer to smooth the cuticle before the pastel is deposited

100. The main reason to perform an elasticity test on wet hair before a chemical service is to:

A. Assess the strength of the hair's bonds and detect potential breakage risk

B. Measure the exact natural level of the hair on the colour scale

C. Determine the client's preferred final style for the appointment

D. Calculate the precise developer volume required for the formula

101. A client with a contagious scalp infection presents for a colour service. The correct ethical and legal action is to:

A. Provide the service quickly using gloves to avoid any direct contact

B. Decline the service and refer the client to a physician for treatment

C. Disinfect the chair afterward and proceed with the service as normal

D. Apply the colour but skip the affected area to reduce the risk involved

102. When applying foils for highlights, the purpose of "weaving" versus "slicing" the section is that:

A. Weaving selects fine alternating strands for a softer, blended highlight effect

B. Slicing and weaving produce identical results and are fully interchangeable terms

C. Weaving takes a solid section for a bold chunk while slicing blends softly

D. Neither affects the result, which depends only on the developer volume used

103. The hair's natural elasticity in its normal (unprocessed) state allows wet hair to stretch up to roughly:

- A. 50% of its length and return without breaking when healthy
- B. 200% with no change to the hair's internal bond structure
- C. 5% only, after which healthy hair always snaps immediately
- D. 0%, because healthy hair has no ability to stretch at all

104. A client wants warmer "golden" tones added to dull, flat brown hair without lifting. The appropriate service is a:

- A. Double-process lightening followed by a cool ash toner application
- B. Hydroxide relaxer to soften the cuticle and reveal warmth underneath
- C. High-volume permanent colour to lift several levels into gold
- D. Deposit-only demi/semi gloss in a warm tone to add richness without lift

105. A guide (guideline) in haircutting is best defined as:

- A. The section of previously cut hair used to measure subsequent sections against
- B. The total amount of hair removed from the entire head during the cut
- C. The angle at which the shears are held relative to the floor only
- D. The first product applied to the hair before any cutting begins

106. A client's hair was lightened and now feels weak and breaks easily. Before any further chemical service, the professional should:

- A. Recommend bond-rebuilding/strengthening treatments and postpone aggressive chemicals
- B. Immediately lighten again to "even out" the damaged areas of the hair
- C. Apply a strong relaxer to smooth and strengthen the weakened strands
- D. Proceed with a vivid fashion colour, since damaged hair grabs colour best

107. Over-direction in haircutting is used to:

- A. Cut all hair to a single zero-elevation blunt perimeter line
- B. Build length or weight in a specific area by directing hair away from its natural fall
- C. Remove all interior weight using only thinning shears
- D. Hold the hair at exactly zero degrees against the head at all times

108. A client requests a vivid blue direct-dye over pre-lightened level 9 hair. Direct (no-developer) dyes differ from oxidative colour because direct dyes:

- A. Permanently lift and deposit in a single oxidation reaction with developer
- B. Require 40-volume developer to penetrate the cortex and set the colour
- C. Penetrate to the medulla and chemically bond like a permanent tint
- D. Deposit pre-formed pigment without developer and gradually fade with washing

109. The reason fine hair often appears to "grab" colour and look darker than expected is that fine hair:

- A. Has a thick, resistant cuticle that slows down all colour deposit
- B. Contains no melanin and therefore cannot hold any artificial colour

- C. Requires the highest developer volume to deposit any visible colour
- D. Has less cuticle layering and a smaller diameter, absorbing pigment readily

110. A "regrowth/retouch" colour application is correctly performed by:

- A. Applying colour only to the new growth, then blending the line into the previously coloured hair
- B. Applying colour from ends to scalp to refresh the oldest colour first
- C. Lightening the entire length each time to remove the previous colour fully
- D. Colouring the mid-lengths and ends only while leaving the regrowth untouched

111. A client has a cowlick at the front hairline. When cutting a fringe (bangs), you should:

- A. Cut the fringe extremely short to overcome the cowlick by force
- B. Wet the area heavily and cut at maximum tension to flatten the cowlick out
- C. Account for the growth pattern and cut with less tension so the fringe sits correctly
- D. Ignore the cowlick because it disappears completely once the hair is styled

112. When two colours are mixed to achieve a custom shade, understanding the colour wheel matters because complementary colours (opposite on the wheel):

- A. Neutralize each other, which is the basis for cancelling unwanted tones
- B. Intensify each other, doubling the vibrancy of both colours when combined
- C. Have no relationship and cannot be used to correct unwanted tones
- D. Always produce a brighter version of whichever colour is dominant

113. A safety data sheet (SDS) for a salon chemical product provides:

- A. Hazard, handling, first-aid, and storage information for safe use of the product
- B. The retail price and marketing description for selling the product to clients
- C. The client's individual colour formula recorded for future appointments
- D. The salon's appointment schedule and booking policies for staff

114. A client with naturally curly hair wants a "wash-and-go" style enhanced. The most appropriate styling approach is to:

- A. Blow-dry straight with maximum tension to eliminate the curl entirely
- B. Apply a hydroxide relaxer to permanently loosen the curl pattern first
- C. Apply curl-defining product and dry with diffusing or air-drying to enhance the natural pattern
- D. Backcomb the entire head aggressively to add the appearance of curl

115. When lightening, the term "lift" specifically refers to:

- A. The deposit of artificial pigment into the cuticle layer only
- B. The physical raising of the hair away from the scalp during application
- C. The lightening/decolourizing of the hair's natural pigment to a lighter level
- D. The neutralizing step that fixes a permanent wave into place

116. A client's hair is colour-treated and now needs a perm. The safest sequencing/decision is to:

- A. Always perm first and colour the same day to save the client a second visit
- B. Assess condition carefully; if both are needed, generally perm first then colour, with strand tests
- C. Apply the relaxer and the perm together to combine the two services efficiently
- D. Refuse the perm permanently because coloured hair can never be waved at all

117. A predisposition test that comes back negative (no reaction) means:

- A. The client is allergic and the service must always be declined permanently
- B. No allergic sensitivity was detected at the test site, and the service may proceed with normal care
- C. The colour will definitely not fade or change after the service is complete
- D. The hair's porosity and elasticity have both been fully assessed by the test

118. A retail recommendation for a client who has just received a fresh colour service should prioritize:

- A. Colour-safe, sulphate-considerate shampoo and conditioner to protect and prolong the colour
- B. A strong clarifying shampoo to strip the colour build-up immediately at home
- C. A daily lightening treatment to keep the colour as bright as possible
- D. No home care at all, since salon colour requires no maintenance whatsoever

119. When performing a consultation for a bridal updo, confirming the look with a trial run beforehand is valuable because it:

- A. Allows the stylist to charge the client twice for a single finished style
- B. Replaces the need for any product or tools on the actual wedding day

- C. Confirms the style, timing, and client expectations before the high-pressure event
- D. Guarantees the weather and venue will not affect the finished hairstyle

120. A client with thin, fine hair wants the appearance of more fullness from a cut. The most effective cutting strategy is to:

- A. Remove all layers and cut one heavy blunt line, which always looks fullest
- B. Razor the entire head to remove as much weight as possible everywhere
- C. Cut long, disconnected layers that separate and thin the hair further
- D. Use blunt or graduated techniques that build the illusion of density and weight

### Practice Exam 3: Answer Key and Explanations

1. B — A positive patch reaction (redness, swelling, itching at the site) indicates allergic sensitivity to the product. Aniline-derivative dyes can cause severe reactions, so the service must not proceed. Proceeding after a positive test risks dangerous systemic allergic response.
2. A — Greyish insects with eggs cemented to the shaft indicate a head lice infestation, which is contagious. The stylist must stop, refer to a physician or pharmacist, and disinfect tools and the station to prevent transmission to other clients.
3. D — A one-length blunt cut requires zero elevation cutting to a stationary guide with the head upright. This keeps all hair falling to one level, producing a solid, heavy perimeter line with maximum weight and no graduation.
4. C — Lifting a level 5 to level 8 exposes orange-yellow underlying pigment. Blue-violet sits opposite orange-yellow on the colour wheel, so a blue-violet (cool ash) neutralizer cancels the warmth to achieve the desired cool result.

5. C — The safest approach is to advise physician consultation and consider off-scalp techniques like foiling with a patch test. This respects client autonomy and medical guidance while minimizing scalp absorption, rather than blanket refusal or unmodified service.
6. A — Waving lotion is a reducing agent that breaks disulfide bonds in the cortex through reduction, softening the hair so it conforms to the rod. This bond-breaking is what allows the hair to be reshaped into the new curl pattern.
7. A — Gummy hair that over-stretches and fails to recoil indicates over-processed, damaged hair with broken bonds. Further chemical texture or lightening services are contraindicated because the compromised structure cannot withstand additional bond disruption without breakage.
8. B — A graduated bob stacks weight by increasing elevation in the back sections, building layered lengths above the perimeter. This controlled build-up of stacked weight creates the characteristic graduation and beveled shape of the cut.
9. C — Heavy metallic dye build-up plus a five-level lift in one session risks severe breakage. The safe decision is to decline the single session, perform a strand test, and plan a gradual multi-session lift to protect hair integrity.
10. C — Disinfection with a hospital-grade EPA/Health Canada registered product destroys most pathogens on hard, non-porous tools. It sits between cleaning (lowest) and sterilization (highest); salons use disinfection for implements, as full sterilization is generally not achievable on most salon tools.
11. D — Stinging or burning during a relaxer signals scalp irritation or chemical burn risk. The correct immediate action is to begin rinsing with cool water and neutralize, prioritizing client safety over completing the manufacturer's timing.
12. D — Hydroxide and thio relaxers use incompatible chemistries. Combining or switching between them on the same hair causes severe breakage because one cannot safely process hair already treated by the other; the bonds are altered differently and irreversibly.

13. A — A chemical service requires a waterproof cape with a towel or neck strip to protect skin from chemical contact, whereas a basic haircut uses a cloth cutting cape. The waterproofing prevents chemical seepage onto the client's skin and clothing.

14. B — Covering 50% resistant grey at level 6 requires sufficient natural/neutral base tone, often adding an "N" series for opacity. Neutral pigment deposits the density needed to cover grey, which lacks pigment and otherwise appears translucent or pale.

15. C — Keratin is the fibrous structural protein of hair, cross-linked by disulfide and other bonds, giving hair its strength and elasticity. It is concentrated in the cortex, the layer that chemical services act upon.

16. C — Brassy orange at level 7 is neutralized by a green/blue-green base toner, since green sits opposite orange on the colour wheel. Blue-violet would target yellow rather than orange, so green-based correction is most effective here.

17. C — A uniform/round-layered cut elevates sections to 90 degrees and cuts to a travelling guide that follows the curve of the head. This maintains equal lengths throughout, producing rounded, even layering with consistent interior length.

18. C — The developer (hydrogen peroxide) oxidizes the dye precursors so they form colour molecules inside the cortex and simultaneously provides lift by acting on natural melanin. This dual oxidation is what makes permanent colour both deposit and lift.

19. B — A large straight rod produces a wider, more even wave formation, ideal for loose beach waves. Small or concave rods create tighter curls, while spiral wraps on small rods produce corkscrews — none of which give a large, uniform wave.

20. C — High-porosity hair has a raised, damaged cuticle that absorbs product quickly and may grab colour unevenly, often processing faster than expected. This requires careful timing and porosity equalization to avoid patchy results.

21. D — The hair must be wet for razor cutting, because razoring dry hair tears and damages the cuticle. Water lubricates the section so the blade glides cleanly, producing the soft, tapered finish razoring is known for.

22. B — Red, inflamed patches with silvery-white scales suggest a possible non-infectious scalp condition such as psoriasis. The stylist should avoid irritating the area and refer to a physician, as diagnosis and treatment are outside the stylist's scope.

23. A — A double-process blonde involves first pre-lightening the hair, then applying a toner to achieve the final tone. The lightening removes natural pigment to the desired stage, and the toner refines the resulting undertone into the target shade.

24. D — To maximize base lift on fine hair, lift sections and direct heat at the base while drying over-directed away from the natural growth. This elevates the root and sets volume at the scalp where fine hair tends to collapse.

25. A — Permanent waving and relaxing are incompatible on the same hair and will cause severe breakage. The two opposing chemical processes both disrupt the disulfide bonds; combining them compromises the hair structure beyond safe limits.

26. A — The acid mantle has a pH of about 4.5–5.5 (slightly acidic). Products in this range keep the cuticle compact and the hair healthy, which is why acid-balanced shampoos and conditioners are preferred for cuticle integrity.

27. B — Fine hair processes faster and is more easily damaged, so it requires careful timing and milder formulas during chemical waving. Its smaller diameter and thinner cuticle allow chemicals to penetrate quickly, raising the risk of over-processing.

28. D — The visible weight line in a men's taper is removed by cross-checking and blending with clipper-over-comb or scissor-over-comb graduation. This technique gradually shortens the lengths to create a seamless blend from short to longer hair.

29. C — Predisposition (patch) testing for aniline-derivative dyes should be done 24 to 48 hours before each colour application. This window allows a delayed allergic reaction to appear before product is applied to the whole head, protecting the client.

30. C — Hard water contains dissolved minerals that can leave deposits, reduce lather, and interfere with chemical results. These mineral deposits affect colour, lightening, and perm outcomes, which is why water quality matters in salon services.

31. A — Previously coloured mid-lengths/ends and natural regrowth are different starting points and must be formulated as such to avoid banding. Treating them as one zone produces uneven colour; addressing each separately yields a uniform single-level result.

32. D — Galvanic and high-frequency are electrotherapy currents sometimes used in scalp and facial treatments. They are modalities for stimulating circulation and treating the scalp/skin, not cutting, colouring, or chemical texture techniques.

33. D — Each perm subsection should be no larger than the diameter of the rod being used. This ensures the hair wraps properly and the waving lotion penetrates evenly; oversized bases prevent full saturation and produce weak, uneven curl.

34. B — Ends lifting to pale yellow while regrowth stays orange shows the two zones have different lift speeds. This requires a zoned or staggered application so each area reaches the target without over- or under-processing.

35. D — A colour filler before a tint-back replaces missing underlying warm pigment so the darker shade looks natural and even. Lightened hair lacks the warm base tones a natural darker colour needs, and skipping the filler causes dull or ashy/uneven results.

36. D — Cross-checking means re-checking sections at the opposite angle (for example, horizontal versus vertical) to confirm evenness. This catches unevenness missed in the original cutting direction, ensuring a balanced, accurate finished shape.

37. A — Semi-permanent (no-lift) colour deposits only, does not lift natural pigment, and gradually washes out. It contains no or minimal developer, coating and partially penetrating the cuticle, so it fades over several shampoos rather than lasting permanently.

38. B — Before applying vivid colour to lightened, high-porosity hair, even out the porosity with a filler or protein treatment. Uneven porosity causes vivid colors to grab patchily; equalizing the cuticle ensures consistent, predictable colour uptake.

39. D — The neutralizing (oxidizing) step after a perm re-forms the disulfide bonds in their new curled position, fixing the wave. After the reducing lotion breaks the bonds, the neutralizer rebuilds them so the curl becomes permanent.

40. C — To keep movement on top with length and weight at the perimeter, layer the interior at higher elevation while cutting the perimeter at low elevation. This combination adds interior movement without sacrificing the heavier, longer outline.

41. C — Trichology is the study of the hair and scalp, including their structure, function, and diseases. Understanding trichology underpins accurate analysis and safe service decisions for hair and scalp conditions.

42. B — A relaxer neutralizer stops the chemical action by lowering pH and rebuilding/oxidizing the bonds in the new straight form. This halts processing and locks the straightened structure; without it, the alkaline relaxer would continue acting on the hair.

43. A — Red pigment molecules are large but fade fastest because they sit closer to the cuticle and wash out readily. Recommending colour-safe care and refresh glosses helps maintain vibrancy between full colour services.

44. B — Excessive tension during a perm wrap causes hair breakage and scalp irritation, and can leave straight, unwaved bands where the lotion couldn't penetrate. Proper, even tension protects the hair and ensures uniform curl formation.

45. D — A history of blistering reactions and a request for oxidative colour demands a predisposition (patch) test, with documentation, and possible declining if reactive. Prior severe reactions raise the risk of allergic response to aniline derivatives.

46. C — Colour that is too dark after a tint is best addressed first with a colour remover (dye solvent) or gentle cleansing to reduce artificial pigment. This avoids the damage of harsh lightening while lifting deposited colour molecules.

47. C — Anagen (growth), catagen (transition), and telogen (resting) describe the hair growth cycle of each individual follicle. Understanding this cycle helps explain shedding patterns and sets realistic expectations about hair density and regrowth.

48. D — Resistant grey covers better when the hair is pre-softened or an appropriately higher developer/processing time is used. This opens the resistant cuticle so pigment can penetrate, achieving the opaque coverage resistant grey otherwise refuses.

49. A — Onychomycosis, tinea, and impetigo are infectious/contagious conditions that contraindicate service and require referral. Performing services risks spreading the infection to the stylist, equipment, and other clients.

50. C — Surfactant molecules have a hydrophilic (water-attracting) end and a lipophilic (oil-attracting) end. This dual structure lets them surround and lift away dirt and oil so they rinse out with water, which is the basis of shampoo cleansing.

51. A — Balayage is painted on freehand for a soft, blended, natural grow-out, with surface saturation. Unlike foil highlighting, it does not rely on precise sectioned foils, giving a more diffused, lived-in result with a softer regrowth line.

52. A — Small, round pustular lesions around follicles indicate folliculitis, an inflammation or infection of the follicles. This contraindicates service and warrants referral, as performing services could worsen or spread the infection.

53. C — The "level" of a colour refers to its degree of lightness or darkness on a scale of 1 (darkest) to 10 (lightest). Tone refers to warmth or coolness; level and tone together define a colour formula.

54. A — Correcting a visible weight line or ledge means identifying the corner, then re-elevating and cross-checking to blend it away. This removes the stepped demarcation without unnecessarily cutting the whole head shorter.

55. D — Hydroxide relaxers are highly alkaline, so a neutralizing/normalizing shampoo is essential. Failing to neutralize leaves residual chemical that continues to act on the hair, lowering pH and risking ongoing breakage and damage.

56. C — The free edge, nail plate, and matrix are nail anatomy, relevant to a stylist who also performs basic nail/hand services as part of specialized salon offerings. They are unrelated to scalp colour, relaxing, or cutting.

57. D — Decolourization proceeds from black/brown → red → red-orange → orange → gold → yellow → pale yellow as melanin is progressively dispersed. Recognizing these stages lets the stylist judge how far the hair has lifted toward the target.

58. A — The final colour depends on the client's starting level, history, and condition, so the outcome will differ from a photo of differently-starting hair. Setting this expectation prevents disappointment and supports realistic planning.

59. D — Sodium hydroxide (lye) relaxers are stronger and faster but more irritating, while no-lye (calcium/guanidine) options are gentler but can leave mineral buildup. The trade-off guides product selection based on scalp sensitivity and hair condition.

60. C — Clients are never left unattended during chemical services because over-processing, chemical burns, or allergic reactions can develop and require immediate action. Constant monitoring protects client safety and the integrity of the result.

61. B — For minimal future regrowth lines, choose a level close to natural with a blended technique. Staying near the base means new growth blends rather than creating a sharp demarcation, making maintenance softer over time.

62. B — Low-porosity hair has a tight, compact cuticle that resists penetration and may need extra preparation to process. Steam, heat, or pre-softening helps chemicals enter; otherwise colour and texture services process slowly or unevenly.

63. C — Brassy/warm results after a single process are corrected with a cool/ash (blue or blue-violet) toner. The cool base sits opposite the unwanted warmth on the colour wheel, neutralizing it for a balanced final tone.

64. B — A weight line in a graduated cut forms where the build-up of layered lengths stacks into a visibly heavier area. This stacked accumulation creates the graduation that defines the silhouette of the cut.

65. C — A 20-volume (6%) developer lifts approximately 1–2 levels and provides standard grey coverage. It is the common workhorse volume for grey coverage and modest lift, balancing effectiveness against hair stress.

66. A — A consultation/record card documents the analysis, supports safe formulation, and protects both client and stylist. Recording history, treatments, and condition guides decisions and provides a reference and a measure of accountability.

67. D — A spiral perm wrap, with long hair wound vertically from scalp to ends, produces a uniform corkscrew curl along the entire length. The vertical winding distributes the curl evenly rather than concentrating it at the ends.

68. C — Lightener is applied to mid-lengths and ends first because body heat at the scalp speeds processing there; roots are applied last so the whole head lifts evenly. Applying roots first would over-lift them relative to the cooler ends.

69. C — Traction alopecia results from prolonged tension, so the client should avoid tight, tension-causing styles and allow the follicles to recover. Continued tension can cause permanent follicle damage and irreversible hair loss.

70. B — The cortex contains the melanin (natural pigment) and the bonds that colour, perms, and relaxers act upon. This makes it the layer where all permanent chemical changes to colour and texture occur.

71. C — Best practice for a major length change is to section the hair and remove length gradually while confirming the target with the client. This prevents over-cutting and ensures the result matches the client's intended length.

72. C — Perm neutralizing is timing-sensitive because improper neutralizing can cause weak curl, relaxing of the curl, or hair damage. Adequate oxidation re-forms the bonds correctly; insufficient neutralizing leaves the curl unstable.

73. B — A clarifying shampoo is used before colour when product or mineral build-up could block even colour penetration. Removing the build-up gives a clean, uniform surface so colour deposits consistently across the hair.

74. B — A colour melt or seamless blend requires blending the application zone so the two shades transition without a visible demarcation. Overlapping and feathering the colours where they meet eliminates a hard line between them.

75. D — Oily hair and scalp benefit from a shampoo that gently cleanses excess sebum without over-stripping, plus appropriate scalp care. Over-stripping can trigger rebound oil production, so balanced cleansing is the goal.

76. D — The disulfide bond is the strongest hair bond and is the target of permanent waving and chemical relaxing, which break and re-form it. These services permanently change texture precisely because they restructure disulfide bonds.

77. B — To blend a line of demarcation on a refresh, apply colour to the regrowth first, then refresh the ends for the final minutes. This gives the resistant regrowth full processing time while protecting the previously coloured ends from over-deposit.

78. B — Holding the comb at a consistent angle in clipper-over-comb controls how much hair is left and creates a smooth, even graduation. Inconsistent angles produce an uneven taper, so steady comb control is essential.

79. A — Lightening disperses and decolorizes natural melanin in stages, exposing warm undertones (orange, then yellow) along the way. These stages are the natural pigment breaking down, not added dye, which is why the warmth must later be toned.

80. D — Lightener can cause scalp irritation or burns, so a barrier and ongoing monitoring are essential during the service. The high alkalinity and oxidizing action make scalp contact potentially harmful if left unchecked.

81. B — Effective consultation discusses the client's wishes, analyzes the hair and scalp, and sets realistic expectations. This shared understanding prevents miscommunication and ensures the planned service suits the client's hair.

82. B — A keratin/smoothing treatment coats and temporarily reduces frizz and curl, gradually washing out over weeks. Unlike a hydroxide relaxer, it does not permanently break disulfide bonds, so the effect is reversible and impermanent.

83. C — A strand test determines processing time, predicts the result, and checks hair integrity before committing to the full service. It reveals how the hair will respond, allowing adjustments before any irreversible application.

84. B — Coarse (large-diameter) hair is often more resistant and may need longer processing or stronger formulation than fine hair. Its thicker structure slows chemical penetration, the opposite of fine hair's rapid uptake.

85. B — A curl that is too tight usually results from a rod that was too small and/or over-processing. Smaller rods create tighter curl, and excess processing time intensifies it, so both are reviewed for next time.

86. D — With an open cut on the scalp, chemicals must not be applied to broken skin; reschedule or work around the area safely. Applying product to a wound risks irritation, burning, and infection.

87. D — Point cutting and texturizing on the ends soften the perimeter and remove bulk for a less blunt, more textured finish. The technique breaks up a hard line and adds movement rather than building weight or length.

88. C — Banding from a previous uneven lift is best corrected by zoning the application by band and using strand tests to control lift in each area. This targeted approach evens the hair without over-processing already-lifted zones.

89. B — Conditioner smooths and closes the cuticle, improves detangling, and adds moisture and slip after shampooing. It works on the surface and does not permanently alter the cortex bonds, restoring manageability rather than restructuring hair.

90. B — Adequate processing and consultation time is built into chemical service bookings because rushing risks errors, poor results, and client safety issues. Chemical reactions need their full time, and consultation ensures the right approach.

91. A — A two-step (double application) lighter colour requires lightening then toning because lightener removes pigment but leaves an unwanted warm stage that the toner refines. The two distinct steps are needed to reach a clean, cool blonde.

92. A — Using the cushions of the fingertips, not the nails, stimulates and cleanses the scalp without scratching or damaging it. Nail contact can abrade the scalp and cause irritation or breaks in the skin.

93. C — A hydroxide relaxer permanently breaks and rearranges the disulfide bonds through lanthionization, so the curl cannot revert. This irreversible chemical change is what distinguishes a true relaxer from a temporary smoothing treatment.

94. C — Selecting developer volume depends on the desired amount of lift or deposit, the hair's condition, and grey percentage. These factors determine how much oxidizing strength the formula needs while protecting hair integrity.

95. B — The line of demarcation between relaxed and new natural growth is the most fragile point, where over-lapping relaxer causes breakage. Relaxer should be confined to new growth to avoid double-processing this weak zone.

96. C — Whether a cut graduates or layers uniformly depends primarily on the elevation and over-direction at which the hair is held and cut. These geometric choices, not products or water temperature, determine the shape.

97. A — When a client reports medication that can affect hair texture and processing, note it on the record card, perform strand tests, and adjust as needed. Medications can alter how hair responds, so testing prevents unexpected results.

98. A — Tools must be cleaned to remove debris first, then immersed in an approved disinfectant for the listed contact time. Debris shields microbes from the disinfectant, so cleaning must precede disinfection for it to be effective.

99. C — A clean pastel on yellow (level 9) hair requires toning/neutralizing the residual yellow to a pale, clean base first. Pastels are translucent, so any remaining yellow would distort the intended soft shade.

100. A — An elasticity test on wet hair assesses the strength of the hair's bonds and detects potential breakage risk before a chemical service. Poor elasticity warns that the hair may not withstand processing, guiding safer decisions.

101. B — A client with a contagious scalp infection must be declined service and referred to a physician for treatment. Proceeding risks spreading infection and is both an ethical and a public-health concern outside the stylist's scope.

102. A — Weaving selects fine alternating strands for a softer, blended highlight effect, whereas slicing takes a solid section for a bolder result. The choice of technique controls how subtle or dramatic the foil highlight appears.

103. A — Healthy wet hair can stretch up to roughly 50% of its length and return without breaking. This normal elasticity reflects intact bonds; significantly reduced stretch-and-recoil signals damage and breakage risk.

104. D — Adding warm golden tone to brown hair without lifting calls for a deposit-only demi or semi gloss in a warm tone. It enriches and refreshes the colour without using developer to lift, exactly matching the no-lift goal.

105. A — A guide (guideline) is the section of previously cut hair that subsequent sections are measured against. It establishes the length and shape, ensuring consistency throughout the haircut.

106. A — Weak, easily breaking lightened hair calls for bond-rebuilding/strengthening treatments and postponing aggressive chemicals. The compromised structure needs to recover before it can safely undergo further chemical stress.

107. B — Over-direction builds length or weight in a specific area by directing hair away from its natural fall to the guide. This technique is used to create increasing length or weight where the cut design requires it.

108. D — Direct (no-developer) dyes deposit pre-formed pigment without developer and gradually fade with washing. Unlike oxidative colour, they do not lift or chemically bond in the cortex, so vivids on pre-lightened hair are temporary.

109. D — Fine hair has less cuticle layering and a smaller diameter, so it absorbs pigment readily and can look darker than expected. This rapid uptake means formulas may need adjusting to avoid over-depositing on fine hair.

110. A — A regrowth/retouch is performed by applying colour only to the new growth, then blending the line into the previously coloured hair. This refreshes the roots without re-depositing on already-coloured lengths, avoiding overlap and buildup.

111. C — A cowlick at the fringe requires accounting for the growth pattern and cutting with less tension so the fringe sits correctly. Cutting at full tension would leave the fringe too short once it springs back along the cowlick.

112. A — Complementary colours, opposite on the colour wheel, neutralize each other — the basis for cancelling unwanted tones. This principle underlies all colour correction, such as using green to cancel red or violet to cancel yellow.

113. A — A safety data sheet (SDS) provides hazard, handling, first-aid, and storage information for the safe use of a product. It is a workplace safety document, not a pricing, formula, or scheduling record.

114. C — Enhancing a curly wash-and-go means applying curl-defining product and drying with a diffuser or air-drying to enhance the natural pattern. This supports the existing curl rather than altering or eliminating it.

115. C — In lightening, "lift" refers to the lightening or decolourizing of the hair's natural pigment to a lighter level. It describes the removal of melanin, distinct from depositing colour or any physical raising of the hair.

116. B — When both perm and colour are needed, assess condition carefully and generally perm first, then colour, with strand tests. Perming after colouring can strip or alter the colour, so sequencing and testing protect the result and the hair.

117. B — A negative predisposition test means no allergic sensitivity was detected at the test site, and the service may proceed with normal care. It addresses allergy risk only and does not assess porosity, elasticity, or colour fastness.

118. A — After a fresh colour service, recommend colour-safe, sulphate-considerate shampoo and conditioner to protect and prolong the colour. Harsh or clarifying products would strip the new colour and shorten its life.

119. C — A bridal trial run confirms the style, timing, and client expectations before the high-pressure wedding day. Working out the look in advance prevents surprises and stress when there is no margin for error.

120. D — Thin, fine hair looks fuller with blunt or graduated techniques that build the illusion of density and weight. Removing weight with heavy layering or razoring would thin the hair further and reduce the appearance of fullness.