

PRACTICE EXAM 6: RED SEAL HAIRSTYLIST SIMULATION (120 QUESTIONS)

1. A client returns one week after a single-process colour service complaining the colour faded quickly. The hair is high-porosity from previous lightening. What is the most likely cause?

- A. The developer volume was too low to deposit pigment
- B. The client used too much conditioner at home
- C. Porous hair absorbed and released pigment too quickly
- D. The colour was rinsed with water that was too cool

2. Which scalp condition is contagious and contraindicates any chemical service until treated?

- A. Seborrheic dermatitis
- B. Psoriasis
- C. Tinea capitis
- D. Canities

3. When performing a strand test before a full colour application, the primary purpose is to:

- A. Confirm processing time and final colour result
- B. Check the client's scalp for sensitivity
- C. Measure the elasticity of the hair shaft
- D. Determine the client's natural level only

4. A finger wave is set using which type of styling product on wet hair?

- A. Styling gel
- B. Pomade
- C. Thermal protectant spray
- D. Dry texturizing powder

5. The chemical bond permanently broken and reformed during a permanent wave service is the:

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

6. During a haircut, the angle at which the hair is held away from the head before cutting is called the:

- A. Cutting line
- B. Guideline
- C. Parting
- D. Elevation

7. A client with a damaged cuticle layer will most noticeably exhibit:

- A. Increased hair density
- B. Faster natural growth
- C. Rough texture and tangling
- D. Higher melanin content

8. Which Personal Protective Equipment is most essential when mixing powder lightener?

- A. Closed-toe shoes
- B. A dust mask and gloves
- C. A vinyl cape
- D. Non-slip floor mat

9. A relaxer that uses sodium hydroxide is classified as a:

- A. Lye relaxer
- B. No-lye relaxer
- C. Thio relaxer
- D. Ammonium-based relaxer

10. The visible part of the hair that extends above the skin's surface is the:

- A. Follicle
- B. Hair shaft

C. Papilla

D. Bulb

11. A client wants warm copper tones but their hair has a high level of underlying blue-black pigment. To achieve the target, you must first:

A. Apply the copper directly at higher volume

B. Use a toner without lightening

C. Pre-lighten to expose warmer underlying pigment

D. Apply a cool ash base to neutralize first

12. Which law of colour states that mixing two primary colours creates a:

A. Secondary colour

B. Tertiary colour

C. Complementary colour

D. Neutral tone

13. Over-directing hair during a cut is primarily used to:

A. Remove bulk weight uniformly

B. Create a blunt perimeter

C. Reduce overall elevation

D. Build length and weight in one area

14. Bacteria that are harmful and produce disease are classified as:

- A. Pathogenic
- B. Non-pathogenic
- C. Saprophytic
- D. Spirilla

15. A client's perm produced weak, limp curls. The most likely cause is:

- A. Rods were too small for the desired curl
- B. Solution was left on too long
- C. Sections were wrapped too tightly
- D. The solution under-processed the hair

16. The recommended method to disinfect non-porous tools between clients is to:

- A. Immerse in an approved disinfectant solution
- B. Rinse under hot running water
- C. Wipe with a dry towel
- D. Spray with isopropyl alcohol and air dry

17. Which hair type generally has the most elliptical (oval) cross-section?

- A. Straight hair
- B. Curly hair
- C. Wavy hair
- D. Coarse hair

18. A client receiving a colour service reports a tingling, itching scalp during processing. You should:

- A. Rinse immediately and assess the scalp
- B. Continue processing and monitor closely
- C. Apply a barrier cream over the colour
- D. Reduce the room temperature

19. The bonds that are broken by water and heat, then reformed in wet setting, are:

- A. Hydrogen bonds
- B. Disulfide bonds
- C. Peptide bonds
- D. Covalent bonds

20. A 10-volume developer corresponds to approximately what percentage of hydrogen peroxide?

- A. 6%
- B. 9%

- C. 3%
- D. 12%

21. When cutting a uniform layered cut, the hair is elevated and cut at:

- A. 0 degrees
- B. 90 degrees
- C. 45 degrees
- D. 180 degrees

22. A client with extremely resistant grey hair needs colour. The best approach is to:

- A. Pre-soften or use maximum coverage formulation
- B. Use a semi-permanent colour only
- C. Lower the developer volume
- D. Shorten the processing time

23. Which of the following is a sign of a healthy scalp?

- A. Flaking with redness around the hairline
- B. Even colour with no scaling or inflammation
- C. Greasy buildup near the crown
- D. Small raised pustules along partings

24. The cape and neck strip protect the client and prevent:

- A. Static buildup in the hair
- B. Heat damage from styling tools
- C. Excessive product use
- D. Direct contact between cape and skin

25. A balanced, classic bob with a weight line at the perimeter is achieved with:

- A. High elevation throughout
- B. Zero elevation (blunt cut)
- C. Over-direction to the back
- D. Slide cutting techniques

26. Melanin responsible for red and yellow tones in hair is:

- A. Pheomelanin
- B. Eumelanin
- C. Keratin
- D. Tyrosine

27. Before a chemical relaxer, the scalp should be:

- A. Shampooed vigorously to remove all oil
- B. Left undisturbed with no shampooing or scratching
- C. Treated with an alkaline pre-wrap
- D. Exfoliated with a scalp brush

28. A client wants to go from level 4 to level 8 in one service. The safest professional recommendation is:

- A. A single high-lift colour application
- B. A box-dye over-the-counter product
- C. A semi-permanent gloss only
- D. A controlled lightening then toning process

29. Which item must be discarded (single-use) and never reused on another client?

- A. Stainless steel shears
- B. A neck strip
- C. A thermal styling iron
- D. A boar-bristle brush

30. Hair elasticity is tested by:

- A. Examining the scalp under magnification
- B. Counting strands per square inch

- C. Measuring shine under light
- D. Stretching a wet strand and observing return

31. The primary reason to perform a predisposition (patch) test before colour is to:

- A. Confirm the target shade
- B. Measure porosity levels
- C. Determine the natural level
- D. Detect allergic sensitivity to ingredients

32. A texturizing technique that removes bulk without reducing length is:

- A. Blunt cutting
- B. Point cutting / slithering
- C. Blocking
- D. Clipper-over-comb solid line

33. Sanitization, in the hierarchy of infection control, refers to:

- A. Killing all microbial life including spores
- B. Destroying most pathogens on surfaces
- C. Reducing pathogens to a safe public-health level
- D. Sterilizing tools in an autoclave

34. A client's relaxed hair is breaking near the scalp after a retouch. The most probable cause is:

- A. The relaxer was under-processed
- B. Insufficient neutralizing
- C. Too little tension during smoothing
- D. Overlapping relaxer onto previously processed hair

35. The neutralizer (fixative) in a permanent wave works by:

- A. Re-forming disulfide bonds in the new shape
- B. Breaking the remaining hydrogen bonds
- C. Swelling the cuticle for penetration
- D. Softening the cortex further

36. A diffuser attachment on a blow-dryer is best used to:

- A. Straighten coarse hair quickly
- B. Direct concentrated airflow for sleekness
- C. Enhance and preserve natural curl
- D. Set a roller wrap faster

37. The pH of the skin and hair in their natural state is approximately:

- A. 7.0 (neutral)
- B. 8.5 to 9.0
- C. 1.0 to 2.0
- D. 4.5 to 5.5

38. A client with a long, narrow face shape is best balanced by a style that:

- A. Adds height at the crown
- B. Keeps all length straight and centre-parted
- C. Pulls hair tightly back from the face
- D. Adds width and fullness at the sides

39. Contaminated linens during a service should be:

- A. Placed in a covered receptacle and laundered before reuse
- B. Folded and reused if not visibly soiled
- C. Left at the station until end of day
- D. Shaken out and air-dried

40. In colour theory, to neutralize unwanted green tones you would use a:

- A. Blue-based toner
- B. Yellow-based toner

- C. Red-based toner
- D. Violet-based toner

41. A clipper guard numbered "#2" generally leaves hair at approximately:

- A. 3 mm (1/8 inch)
- B. 13 mm (1/2 inch)
- C. 9 mm (3/8 inch)
- D. 6 mm (1/4 inch)

42. Hypertrichosis refers to:

- A. Excessive growth of hair
- B. Abnormal hair loss
- C. Greying of hair
- D. Split ends along the shaft

43. Before any service, a thorough client consultation should always:

- A. Identify needs, expectations, and contraindications
- B. Begin with the shampoo immediately
- C. Focus only on the price of the service
- D. Skip if the client is a regular

44. A no-lye (calcium hydroxide / guanidine) relaxer differs from a lye relaxer in that it:

- A. Works faster and at a higher pH
- B. Requires no neutralizing rinse
- C. Tends to leave mineral buildup and dryness
- D. Cannot straighten coarse hair

45. The growing (active) phase of the hair growth cycle is:

- A. Telogen
- B. Anagen
- C. Catagen
- D. Dormant

46. A client requests beach waves on fine, straight hair. The most suitable approach is:

- A. A strong alkaline permanent wave
- B. A flat iron pressed straight only
- C. A heavy oil pomade for hold
- D. A curling iron with a texturizing spray

47. Effleurage during a scalp massage refers to:

- A. A vibrating tapping movement
- B. A deep kneading motion
- C. A light, gentle stroking movement
- D. A firm circular friction

48. Which factor most affects the porosity of hair?

- A. The natural density of follicles
- B. The condition of the cuticle layer
- C. The diameter of each strand
- D. The shape of the follicle

49. A double-process blonde service involves:

- A. Two consecutive permanent wave applications
- B. A relaxer followed by a perm
- C. Pre-lightening followed by toning
- D. Two colour-deposit applications

50. The MSDS / SDS sheet for a product primarily provides:

- A. The retail price and brand marketing
- B. Client styling recommendations

- C. Safety, hazard, and handling information
- D. The salon's appointment schedule

51. A client with a cowlick at the front hairline should be advised that:

- A. The cowlick can be permanently removed by cutting
- B. A relaxer will eliminate the cowlick
- C. Heavy product will hide it completely
- D. The cut should work with the natural growth direction

52. Tapotement in massage is characterized by:

- A. Gentle stroking from front to back
- B. Slow gliding pressure
- C. Continuous kneading and lifting
- D. Light tapping or percussion movements

53. Capillary action in the hair shaft relates to its ability to:

- A. Generate new melanin
- B. Absorb and hold moisture/liquids
- C. Increase strand diameter
- D. Repair broken disulfide bonds

54. A balancing weight line that gradually increases in length toward the front is characteristic of:

- A. A graduated / long-layered face-framing cut
- B. A blunt one-length cut
- C. A uniform layer
- D. A buzz cut

55. The recommended action if a client's skin shows a positive reaction to a patch test is to:

- A. Reduce the developer strength and proceed
- B. Apply a barrier cream and continue
- C. Do not proceed with the service
- D. Proceed but shorten the time

56. Wet hair can stretch up to what percentage of its original length before breaking (healthy hair)?

- A. 10%
- B. 20%
- C. 30%
- D. 50%

57. A balanced perm rod selection for a tight, springy curl uses:

- A. Small-diameter rods
- B. Large-diameter rods
- C. Only concave jumbo rods
- D. Straight perm rods

58. The metal commonly causing problems when colour is applied over hair previously treated with metallic dyes is due to:

- A. Reduced melanin levels
- B. Lower hair density
- C. A chemical reaction causing heat or breakage
- D. Increased natural shine

59. Disinfectant solutions in the salon must be:

- A. Diluted with hot water only
- B. Changed according to manufacturer's directions
- C. Used indefinitely without changing
- D. Mixed with shampoo for efficiency

60. A client's natural level is 6 and they want to cover 50% grey while staying the same depth. You should select a:

- A. High-lift blonde series

- B. Lightener with low-volume developer
- C. Level 6 permanent colour with appropriate developer
- D. Semi-permanent level 8

61. Onychomycosis affects the:

- A. Scalp
- B. Eyelashes
- C. Hair shaft
- D. Nails

62. During clipper-over-comb work, the comb's primary function is to:

- A. Lift and hold hair to a consistent length for cutting
- B. Remove tangles before the clipper
- C. Apply styling product evenly
- D. Direct airflow during the cut

63. A client requests a vivid fashion colour (e.g., bright blue). For best results, the hair should first be:

- A. Coated with a clear gloss
- B. Deep-conditioned only
- C. Pre-lightened to a pale level

D. Toned to a warm gold

64. The principal protein that makes up human hair is:

A. Collagen

B. Elastin

C. Keratin

D. Melanin

65. A safe practice when using a thermal flat iron on chemically treated hair is to:

A. Always use the maximum temperature for speed

B. Use lower heat and a thermal protectant

C. Iron the hair while still wet

D. Skip any protective product

66. The term "porosity" describes the hair's ability to:

A. Absorb moisture and chemicals

B. Resist breakage under tension

C. Reflect light for shine

D. Hold a thermal-set curl

67. A client's freshly coloured hair turned too ashy/green. The corrective action is to:

- A. Re-lighten the hair immediately
- B. Apply more of the same ash colour
- C. Apply a warm (gold/red) toner to counteract
- D. Shampoo with a clarifying product repeatedly

68. First-aid for a minor cut on a client during a service includes:

- A. Continuing the service without interruption
- B. Stopping, applying gloves, and dressing the wound
- C. Rinsing the cut with the colour bowl water
- D. Wiping it with the styling cape

69. A balanced consultation for a perm must assess hair:

- A. Colour level only
- B. Length only
- C. Texture, porosity, and elasticity
- D. Density only

70. The cuticle, cortex, and medulla are the three layers of the:

- A. Hair shaft
- B. Skin epidermis
- C. Hair follicle root sheath
- D. Sebaceous gland

71. When a relaxer is processing, the stylist monitors progress primarily by:

- A. Measuring the room temperature
- B. Smoothing and checking the degree of straightening
- C. Timing strictly by the clock with no checks
- D. Observing the client's scalp colour

72. A blunt cut performed on curly hair will typically appear:

- A. Longer than the cut length once dry
- B. Shorter than the cut length once dry (shrinkage)
- C. Identical wet and dry
- D. Uneven on both sides

73. The recommended draping for a chemical service uses:

- A. A single cloth cape only
- B. No cape, just a towel

- C. A plastic cape only with bare neck
- D. A towel plus a chemical-proof cape

74. A client with very oily hair and scalp would benefit most from:

- A. A heavy moisturizing mask at every visit
- B. Avoiding shampoo entirely
- C. Daily silicone-based serum on the scalp
- D. A clarifying or balancing shampoo regimen

75. Sterilization, the highest level of decontamination, is achieved by:

- A. An autoclave using steam under pressure
- B. Wiping with a disinfectant wipe
- C. Soaking in warm soapy water
- D. Spraying with 70% alcohol

76. In colour formulation, "tone" refers to the:

- A. Depth or lightness/darkness of colour
- B. Warmth or coolness of the colour
- C. Amount of developer used
- D. Processing time required

77. A client returns with breakage after over-processing a perm. The immediate priority is to:

- A. Re-perm with a stronger solution
- B. Recommend reconstructive/protein treatments and avoid further chemicals
- C. Apply a relaxer to smooth the damage
- D. Colour the hair to mask the breakage

78. The primary colours in the pigment colour wheel are:

- A. Red, yellow, blue
- B. Green, orange, violet
- C. Black, white, grey
- D. Red, green, blue

79. A scalp massage during shampooing should be performed with:

- A. The cushions (pads) of the fingertips, not the nails
- B. The fingernails for stimulation
- C. A hard-bristle brush vigorously
- D. The palms pressing firmly on the crown

80. A client requesting a keratin smoothing treatment should be informed that it primarily:

- A. Permanently breaks disulfide bonds
- B. Reduces frizz and smooths the cuticle temporarily
- C. Lightens the hair colour
- D. Removes the need for any future styling

81. Razor cutting produces a finished line that is:

- A. Soft, tapered, and textured
- B. Blunt and heavy
- C. Perfectly geometric and solid
- D. Identical to scissor blunt cutting

82. The bulb at the base of the hair follicle surrounds the:

- A. Sebaceous gland
- B. Arrector pili muscle
- C. Cuticle scales
- D. Dermal papilla

83. A client's colour result is uneven, lighter at the ends and darker at the roots after a single application. The likely cause is:

- A. Developer volume was too high overall
- B. Failure to account for porosity and heat differences along the shaft

- C. The toner was applied first
- D. Insufficient colour was mixed

84. Universal Precautions in a salon mean treating:

- A. Only visibly ill clients as infectious
- B. Tools as clean if they look clean
- C. Only blood spills as hazardous
- D. All blood and body fluids as potentially infectious

85. A concave perm rod creates a curl that is:

- A. Tighter in the centre and looser at the ends
- B. Uniform along the entire strand
- C. Looser in the centre, tighter at the ends
- D. Straight at the root only

86. The hair's natural oil, which lubricates and protects the hair and scalp, is:

- A. Keratin
- B. Sebum
- C. Melanin
- D. Collagen

87. A balanced approach to colour-correcting orange/brassy bleached hair is to apply a:

- A. Yellow toner to brighten
- B. Blue or blue-violet toner to neutralize
- C. Red toner to deepen
- D. Green toner to cool

88. When mixing lightener and developer, the stylist should always:

- A. Mix more than needed to be safe
- B. Use boiling water to speed activation
- C. Apply before mixing is complete
- D. Follow manufacturer ratios precisely

89. A client with thin, fine hair wants the appearance of more volume. The best cutting approach is:

- A. Heavy thinning throughout
- B. A long blunt one-length cut only
- C. Aggressive slide cutting
- D. Layering to create lift and fullness

90. Galvanic current in some scalp treatments is used to:

- A. Cut the hair electrically
- B. Sterilize the implements
- C. Aid product penetration (iontophoresis)
- D. Dry the hair faster

91. A client's perm wrapped with too much tension may result in:

- A. A weaker, looser curl
- B. Faster processing only
- C. Scalp irritation and possible breakage
- D. No effect on the result

92. Comedones, milia, and excessive sebum relate primarily to the:

- A. Sudoriferous (sweat) glands
- B. Sebaceous (oil) glands
- C. Arrector pili muscles
- D. Dermal papilla

93. A client with chemically relaxed hair wants to also lighten it. The professional advice is:

- A. Apply both services on the same day for efficiency
- B. Wait and assess hair integrity; combining services risks severe damage

- C. Relax first, then lighten immediately after
- D. Lighten first, then relax in the same appointment

94. The decontamination step that should always precede disinfection is:

- A. Sterilization in an autoclave
- B. Soaking in alcohol
- C. Cleaning to remove visible debris
- D. Air-drying the tools

95. A client requests highlights with minimal regrowth maintenance. The best recommendation is:

- A. A solid single-process all-over colour
- B. A scalp-bleach full head application
- C. A demi-permanent gloss only
- D. A balayage or face-framing technique

96. The arrector pili muscle is responsible for:

- A. Producing sebum for the scalp
- B. Generating new hair cells
- C. Controlling hair colour
- D. Causing the hair to stand up ("goosebumps")

97. A client's blow-dry will not hold a smooth finish in humidity because:

- A. Hydrogen bonds reabsorb moisture and revert the style
- B. The disulfide bonds were broken
- C. The cortex was permanently altered
- D. The melanin reacted with humidity

98. Proper shears maintenance includes:

- A. Storing them wet to prevent rust
- B. Never oiling the pivot
- C. Cleaning, drying, and oiling the pivot regularly
- D. Using them on paper to sharpen

99. The level system in hair colour measures:

- A. The tone (warm/cool) of the colour
- B. The lightness or darkness of the colour
- C. The developer strength
- D. The porosity of the hair

100. A client experiences chemical burns on the scalp after a relaxer. The correct response is to:

- A. Continue and apply more relaxer to finish
- B. Apply petroleum jelly and continue
- C. Ignore it if the client doesn't complain
- D. Rinse thoroughly, neutralize, and recommend medical attention if severe

101. Slide cutting (slithering) is a technique used to:

- A. Remove length and create movement/texture
- B. Create a blunt solid perimeter
- C. Build maximum weight at the ends
- D. Establish a stationary guideline

102. The lifelike colour pigment found within the cortex is:

- A. Keratin
- B. Sebum
- C. Melanin
- D. Collagen

103. A consultation reveals a client takes medication that may affect chemical services. You should:

- A. Note it and consider how it may alter results; proceed cautiously or refer
- B. Ignore it as irrelevant to hair

- C. Increase the chemical strength to compensate
- D. Refuse all future services permanently

104. When two complementary colours are mixed in equal amounts, they:

- A. Create a brighter version of both
- B. Produce a pure primary colour
- C. Neutralize each other toward brown/grey
- D. Lighten the overall result

105. A client with traction alopecia most likely developed it from:

- A. A vitamin deficiency only
- B. Excessive use of conditioner
- C. Prolonged tight hairstyles pulling the follicles
- D. Frequent shampooing

106. A balanced texturizing of thick, coarse hair to reduce bulk is best done with:

- A. A straight razor along the entire length
- B. Heavy blunt blocking
- C. Slide cutting the perimeter only
- D. Point cutting or notching the interior

107. The first-aid response to a chemical splash in a client's eye is to:

- A. Apply a dry cloth and wait
- B. Flush the eye with clean water immediately and seek help
- C. Rub the eye to remove the chemical
- D. Apply more product to dilute it

108. A client wants to maintain vibrant red colour longer. The professional advice is to:

- A. Shampoo daily with a clarifying shampoo
- B. Use very hot water when rinsing
- C. Expose hair to direct sun frequently
- D. Use colour-safe, sulfate-free products and cooler water

109. Hair density refers to:

- A. The diameter of an individual strand
- B. The natural curl pattern
- C. The porosity of the cuticle
- D. The number of hairs per square inch

110. A balanced disinfection routine for a foot spa basin (if offered) requires:

- A. Cleaning, disinfecting, and following manufacturer/regulatory protocols
- B. A quick rinse with plain water
- C. Wiping with a dry towel only
- D. Refilling without cleaning between clients

111. The technique of cutting hair with the comb and scissors moving together for tapering is:

- A. Scissor-over-comb
- B. Blunt blocking
- C. Free-hand slide cutting
- D. Razor rotation

112. A perm solution that is acid-balanced (acid wave) is generally:

- A. Faster and more damaging than alkaline waves
- B. Used only on resistant grey hair
- C. Gentler and better for fragile or tinted hair
- D. Activated without any heat at all

113. The condition known as alopecia areata presents as:

- A. Overall thinning across the entire scalp
- B. Sudden patchy round areas of hair loss

- C. Greasy buildup at the crown
- D. Excessive coarse hair growth

114. A balanced colour formulation to deepen a client's level from 8 to 6 requires:

- A. A darker target colour with appropriate developer
- B. A lightener with high-volume developer
- C. A toner with no developer
- D. A high-lift blonde formula

115. The most important reason to drape and protect a client properly before lightening is to:

- A. Keep the cape fashionable
- B. Reduce the amount of product used
- C. Speed up the processing time
- D. Prevent skin and clothing damage from chemicals

116. A client's hair feels gummy and stretches without recoiling after lightening. This indicates:

- A. Healthy, well-conditioned hair
- B. Low porosity
- C. Over-processing and loss of elasticity
- D. A successful service

117. The recommended angle for a stacked, graduated bob at the nape is:

- A. Zero elevation throughout
- B. 90-degree uniform elevation
- C. 180-degree over-direction
- D. Low-to-medium graduated elevation building weight

118. A neutralizing shampoo after a hydroxide relaxer is critical because it:

- A. Restores the hair and scalp toward a normal pH and stops the action
- B. Adds permanent colour
- C. Re-curls the straightened hair
- D. Lightens the natural pigment

119. A client wants to know why their grey hair is more resistant to colour. The reason is:

- A. Grey hair has more melanin
- B. Grey hair grows faster
- C. Grey hair often has a tighter cuticle and lacks pigment
- D. Grey hair is always coarser and oilier

120. A professional records all chemical service details (formula, timing, results) primarily to:

- A. Increase the service price
- B. Satisfy a legal requirement to publish them
- C. Ensure consistency and safety for future services
- D. Share the formula publicly with other clients

Practice Exam 6: Answer Key and Explanations

PRACTICE EXAM 6 — ANSWER KEY AND EXPLANATIONS

1. C — High-porosity hair has a raised, damaged cuticle that absorbs pigment rapidly but cannot hold it, so colour molecules escape during washing. Previous lightening compromised the cuticle, accelerating fade. Filling or sealing porous hair before colour improves longevity.
2. C — Tinea capitis (scalp ringworm) is a contagious fungal infection and an absolute contraindication to any service until medically treated. Seborrheic dermatitis, psoriasis, and canities (greying) are non-infectious and do not prevent service.
3. A — A strand test confirms the actual processing time and final colour outcome on the client's specific hair before committing to a full application. This prevents formulation errors and unexpected results on resistant or porous hair.
4. A — Finger waving requires styling gel applied to wet hair so ridges and troughs hold their molded shape as the hair dries. Pomades and powders lack the setting capacity needed for crisp, sculpted waves.
5. C — The disulfide (cystine) bond is the only bond physically broken by the waving solution and permanently reformed by the neutralizer in the new shape. This restructuring is what makes a permanent wave permanent, unlike heat or water styling.
6. D — Elevation is the angle at which hair is lifted away from the head before cutting, controlling whether layers or weight are created. Zero elevation builds weight; high elevation removes it.

7. C — A damaged cuticle has raised, chipped scales that catch on one another, producing rough texture and tangling. The cuticle's normal job is to lie flat and smooth, so damage directly affects feel and manageability.

8. B — A dust mask prevents inhalation of airborne lightener powder and gloves protect the skin from the alkaline product. Powder lighteners release fine particles that irritate the respiratory tract, making these two items essential.

9. A — Relaxers using sodium hydroxide are classified as "lye" relaxers, operating at a high pH to break disulfide bonds. They are stronger and faster than no-lye (calcium/guanidine) formulations.

10. B — The hair shaft is the portion of hair that extends above the skin's surface, while the follicle, papilla, and bulb are below the skin. Only the shaft is visible and worked on during styling and chemical services.

11. C — Dark hair contains heavy blue-black underlying pigment that must be lifted to expose warmer red/gold tones before a copper result can show. Applying copper directly over dark pigment yields a muddy, dull result.

12. A — Mixing two primary colours produces a secondary colour (red+yellow=orange, etc.). This is a foundational law of colour used in formulating and correcting shades.

13. D — Over-direction means combing hair away from its natural fall to a stationary point, concentrating length and weight in one area. It is commonly used to build longer lengths toward the front in face-framing cuts.

14. A — Pathogenic bacteria are the harmful, disease-producing type, whereas non-pathogenic and saprophytic organisms are generally harmless or beneficial. Understanding this distinction underpins all salon infection control.

15. D — Weak, limp curls result when the waving solution did not break enough disulfide bonds, meaning the hair under-processed. Adequate processing time and correct solution strength are needed for a firm curl.

16. A — Non-porous tools are disinfected by full immersion in an approved disinfectant for the manufacturer-specified contact time. Rinsing or wiping does not achieve the required pathogen destruction.

17. B — Curly hair typically has the most elliptical (flattened oval) cross-section, which contributes to its curl pattern. Straight hair tends to be round, while the oval shape causes the strand to bend.

18. A — Tingling and itching during colour can signal an adverse reaction, so the safest response is to rinse immediately and assess the scalp. Continuing risks chemical burns or an allergic response.

19. A — Hydrogen bonds are weak physical bonds broken by water and heat and reformed during wet setting and thermal styling. Because they are temporary, the style reverts when exposed to moisture.

20. C — 10-volume developer equals approximately 3% hydrogen peroxide, used mainly for deposit-only colour with minimal lift. Each 10 volumes corresponds to roughly 3% concentration.

21. B — A uniform layered cut elevates all sections to 90 degrees from the head, producing equal layers throughout. This even elevation creates the rounded, consistent layering characteristic of the style.

22. A — Resistant grey requires pre-softening or a maximum-coverage (often higher-deposit) formulation to open the tight cuticle and ensure pigment penetrates. Semi-permanent colour or reduced developer would not adequately cover stubborn grey.

23. B — A healthy scalp shows even colour with no scaling, redness, inflammation, or pustules. Flaking, redness, greasy buildup, and pustules all indicate a disorder requiring attention.

24. D — The neck strip prevents the cape from making direct contact with the client's skin, an infection-control requirement between clients. This barrier protects the next client from cross-contamination.

25. B — A classic blunt bob is cut at zero elevation, allowing all hair to fall to one length and form a solid weight line at the perimeter. Any elevation would remove the heavy blunt edge.

26. A — Pheomelanin is the pigment responsible for red and yellow tones in hair, while eumelanin produces brown and black. The ratio of these pigments determines natural hair colour.

27. B — Before a relaxer, the scalp should be left undisturbed — no shampooing or scratching — so the natural sebum layer protects against chemical irritation and burns. Disturbing the scalp removes this protection.

28. D — Lifting four levels safely requires a controlled lightening step followed by toning, since high-lift colour alone cannot reliably achieve that much lift on a level 4. A controlled two-step process protects hair integrity and tone.

29. B — A neck strip is single-use and must be discarded after each client; shears, irons, and brushes are cleaned and disinfected for reuse. Reusing porous neck strips would transfer contaminants.

30. D — Elasticity is tested by stretching a wet strand and observing whether it returns to shape without breaking. Good elasticity indicates healthy cortex and suitability for chemical services.

31. D — A predisposition (patch) test detects allergic sensitivity to colour ingredients such as PPD before full application. It is a safety step, distinct from strand testing for colour outcome.

32. B — Point cutting and slithering remove bulk and create texture without reducing the overall length of the hair. Blunt cutting and blocking instead establish solid length lines.

33. C — Sanitization reduces pathogens to a level considered safe for public health but does not destroy all microbes. Disinfection and sterilization are higher levels of decontamination.

34. D — Breakage at the scalp after a retouch is most commonly caused by overlapping relaxer onto previously processed hair, doubling chemical exposure at that point. Proper retouch technique applies product only to new growth.

35. A — The neutralizer (fixative) re-forms the disulfide bonds in their new curled position, locking in the wave. Without neutralizing, the bonds stay broken and the curl will not hold.

36. C — A diffuser disperses airflow to dry hair gently while enhancing and preserving the natural curl pattern. Concentrated airflow would disrupt the curl, which a diffuser is designed to avoid.

37. D — The natural pH of skin and hair is approximately 4.5 to 5.5, a slightly acidic range that keeps the cuticle compact. Products are formulated relative to this acid mantle.

38. D — A long, narrow face is balanced by adding width and fullness at the sides to create the illusion of broader proportions. Adding height would lengthen the face further.

39. A — Contaminated linens must be placed in a covered receptacle and laundered before reuse to prevent cross-contamination. Reusing soiled linens, even if not visibly dirty, spreads pathogens.

40. C — Green is neutralized by its complementary colour, red, on the colour wheel. Applying a red-based toner cancels unwanted green tones toward neutral.

41. D — A #2 clipper guard leaves hair at approximately 6 mm (1/4 inch). Guard numbers correspond to incremental cutting lengths, with higher numbers leaving more length.

42. A — Hypertrichosis is the abnormal, excessive growth of hair on areas where it is not normally found. The prefix "hyper-" denotes excess, distinguishing it from hair-loss conditions.

43. A — A thorough consultation identifies the client's needs, expectations, and any contraindications before service begins. This step prevents dissatisfaction and unsafe chemical applications.

44. C — No-lye relaxers (calcium hydroxide/guanidine) tend to leave mineral buildup and cause dryness over time, requiring chelating shampoos. They are milder than lye but can dry the hair.

45. B — Anagen is the active growing phase of the hair cycle, during which the strand lengthens. Catagen is transitional and telogen is the resting/shedding phase.

46. D — Beach waves on fine, straight hair are best created with a curling iron and texturizing spray for soft, lasting movement without chemical commitment. A perm would be excessive and a flat-iron press would remove wave.

47. C — Effleurage is a light, gentle stroking massage movement used to begin and end a scalp massage. Its soothing nature relaxes the client and prepares the tissue.

48. B — Porosity is determined chiefly by the condition of the cuticle layer: a raised, damaged cuticle is more porous, a compact one less so. This directly governs how the hair absorbs moisture and chemicals.

49. C — A double-process blonde involves pre-lightening the hair and then applying a toner to refine the final shade. The two distinct chemical steps define the "double" process.

50. C — The SDS (Safety Data Sheet) provides safety, hazard, handling, and emergency information for a product. It is a regulatory document for workplace chemical safety, not marketing or scheduling.

51. D — A cowlick reflects natural growth direction and cannot be removed, so the cut should be designed to work with it. Fighting the growth pattern leads to styling problems for the client.

52. D — Tapotement is the tapping or percussion movement in massage, using light, brisk strokes. It stimulates the area and is distinct from stroking or kneading techniques.

53. B — Capillary action describes the hair's ability to absorb and hold liquids and moisture into the shaft. This property is central to how porous hair takes up water and chemicals.

54. A — A graduated or long-layered face-framing cut increases length gradually toward the front. Over-direction during cutting builds this progressive face-framing effect.

55. C — A positive patch test indicates an allergic reaction, so the service must not proceed. Reducing strength or using a barrier cream does not eliminate the allergy risk.

56. D — Healthy wet hair can stretch up to about 50% of its length before breaking, reflecting its elasticity. Dry hair stretches far less, roughly 20%.

57. A — Small-diameter perm rods create tight, springy curls because the smaller circumference produces a tighter coil. Larger rods yield looser waves.

58. C — Colour applied over metallic dyes can trigger a chemical reaction that generates heat, odour, or breakage. This is why a test strand and consultation about prior products is essential.

59. B — Disinfectant solutions must be changed according to the manufacturer's directions to remain effective. Used indefinitely or improperly diluted, they no longer kill pathogens reliably.

60. C — Covering 50% grey while staying at level 6 requires a level 6 permanent colour with appropriate developer for adequate grey coverage and deposit. Semi-permanent or high-lift options would not provide lasting same-depth coverage.

61. D — Onychomycosis is a fungal infection of the nails. The root "onycho-" refers to nails, distinguishing it from scalp or hair conditions.

62. A — In clipper-over-comb work, the comb lifts and holds hair to a consistent length so the clipper can cut an even line. The comb effectively sets the cutting guide.

63. C — Vivid fashion colours like bright blue require a pale pre-lightened base so the deposited pigment reads true. Without sufficient lift, the colour appears dull or invisible.

64. C — Keratin is the principal fibrous protein that makes up human hair. Its amino-acid structure, linked by disulfide bonds, gives hair its strength.

65. B — On chemically treated hair, using lower heat with a thermal protectant minimizes further damage from the flat iron. Maximum heat or ironing wet hair compounds existing weakness.

66. A — Porosity is the hair's ability to absorb moisture and chemicals, governed by the cuticle's condition. It directly affects processing times for colour and texture services.

67. C — Hair that turned too ashy or green is corrected by applying a warm gold or red toner to counteract the excess cool tone. Adding more ash would deepen the problem.

68. B — A minor cut requires stopping the service, donning gloves, and properly dressing the wound following blood-exposure protocol. Continuing without intervention risks infection and violates safety standards.

69. C — A perm consultation must assess texture, porosity, and elasticity, since all three determine rod choice, solution strength, and processing. Evaluating only one factor risks a failed or damaging result.

70. A — The cuticle, cortex, and medulla are the three layers of the hair shaft. Each layer has a distinct role in strength, colour, and protection.

71. B — Relaxer progress is monitored by gently smoothing the hair and checking the degree of straightening achieved. Relying only on the clock ignores individual hair variation.

72. B — Because curly hair shrinks as it dries, a blunt cut appears shorter dry than the length cut while wet. Stylists must account for shrinkage when determining cut length.

73. D — Chemical services require a towel plus a chemical-proof cape to protect the client's skin and clothing from product. Cloth-only or no draping leaves the client exposed to chemical damage.

74. D — Oily hair and scalp benefit from a clarifying or balancing shampoo regimen to manage excess sebum. Heavy masks or skipping shampoo would worsen the oiliness.

75. A — Sterilization, the highest level of decontamination, is achieved by an autoclave using steam under pressure to destroy all microbial life including spores. Wiping or alcohol spraying only disinfects.

76. B — In colour, "tone" refers to the warmth or coolness of a shade, while "level" refers to its lightness or darkness. Tone guides neutralizing and corrective formulation.

77. B — Over-processed, breaking hair needs reconstructive protein treatments and a break from all further chemical services. Additional perms, relaxers, or colour would worsen the damage.

78. A — The primary pigment colours are red, yellow, and blue, from which all other colours are mixed. These are the basis of hair-colour formulation theory.

79. A — Scalp massage during shampooing is done with the cushions of the fingertips, never the nails, to avoid scratching or injuring the scalp. The pads stimulate circulation safely.

80. B — A keratin smoothing treatment temporarily reduces frizz and smooths the cuticle without permanently restructuring the bonds. It is not a permanent straightener and does not alter colour.

81. A — Razor cutting produces a soft, tapered, textured finish rather than a blunt line. The angled blade thins and feathers the ends as it cuts.

82. D — The hair bulb at the base of the follicle surrounds the dermal papilla, which supplies nourishment for growth. This connection feeds the actively dividing cells of the bulb.

83. B — Ends that processed lighter than the roots indicate the stylist failed to account for differences in porosity and scalp heat along the shaft. Porous ends grab colour faster while heat accelerates root processing.

84. D — Universal Precautions require treating all blood and body fluids as potentially infectious, regardless of the client's appearance. This standard protects both stylist and client from bloodborne pathogens.

85. A — A concave rod, having a smaller diameter in the centre, creates a curl that is tighter in the centre and looser at the ends. This produces a graduated wave along the strand.

86. B — Sebum is the natural oil secreted by the sebaceous glands that lubricates and protects hair and scalp. It maintains the acid mantle and natural sheen.

87. B — Orange/brassy tones in bleached hair are neutralized with a blue or blue-violet toner, the complementary colour. This cancels the warmth toward a cleaner blonde.

88. D — Lightener and developer must be mixed following the manufacturer's exact ratios for safe, predictable lift. Improper ratios cause unreliable results or scalp hazards.

89. D — Fine, thin hair gains the appearance of volume through layering, which creates lift and fullness. Heavy thinning or one-length cuts would flatten the hair further.

90. C — Galvanic current is used in scalp treatments for iontophoresis, aiding penetration of beneficial products into the scalp. It is a direct, constant current with chemical effects.

91. C — Wrapping a perm with excessive tension can cause scalp irritation and breakage at the rod base. Proper, even tension protects the hair and scalp.

92. B — Comedones, milia, and excess sebum all relate to the sebaceous (oil) glands, which produce sebum. Blockages of these glands cause the listed conditions.

93. B — Combining a relaxer and lightening risks severe damage, so the stylist should wait and assess hair integrity before proceeding. Both services break or weaken bonds, and stacking them can destroy the hair.

94. C — Cleaning to remove visible debris must always precede disinfection, because debris shields pathogens from the disinfectant. Skipping cleaning renders disinfection ineffective.

95. D — Balayage or face-framing techniques minimize visible regrowth because colour is not applied at the scalp in solid lines. This creates a soft grow-out with low maintenance.

96. D — The arrector pili muscle contracts to make the hair stand up, producing "goosebumps." It is attached to the follicle and responds to cold or emotional stimuli.

97. A — In humidity, hydrogen bonds reabsorb moisture and revert the temporary blow-dried style. Because these bonds are reformed by water, the smooth finish does not hold.

98. C — Shears should be cleaned, dried, and have the pivot oiled regularly to maintain smooth cutting action and prevent rust. Storing them wet or never oiling damages the tool.

99. B — The level system measures the lightness or darkness (depth) of hair colour, typically on a 1–10 scale. Tone is a separate descriptor of warmth or coolness.

100. D — Chemical burns from a relaxer require thorough rinsing, neutralizing, and medical attention if severe. Continuing or applying petroleum over the burn would worsen the injury.

101. A — Slide cutting (slithering) removes length and creates movement and texture by gliding the open shears down the strand. It is not used to build blunt weight.

102. C — Melanin is the pigment within the cortex that gives hair its natural colour. The amount and type of melanin determine the natural level and tone.

103. A — Certain medications can alter how hair responds to chemical services, so the stylist should note this, proceed cautiously, or refer as needed. Ignoring it risks unexpected results, while refusing all services permanently is unwarranted.

104. C — Equal amounts of complementary colours neutralize each other, moving the result toward brown or grey. This principle is the basis of colour correction.

105. C — Traction alopecia develops from prolonged tight hairstyles that continuously pull on the follicles. Relieving the tension early can allow regrowth before it becomes permanent.

106. D — Thick, coarse hair is de-bulked by point cutting or notching the interior to remove weight while keeping the perimeter intact. Razoring the full length or heavy blocking would not selectively reduce interior bulk.

107. B — A chemical eye splash requires immediate flushing with clean water and seeking help. Rubbing or applying more product would drive the chemical deeper and worsen the injury.

108. D — Red colour lasts longer when maintained with colour-safe, sulfate-free products and cooler rinse water, which keep the cuticle closed. Hot water, daily clarifying, and sun exposure all accelerate fading.

109. D — Hair density refers to the number of hairs per square inch on the scalp. It is distinct from strand diameter (texture) and curl pattern.

110. A — A foot spa basin requires cleaning, disinfecting, and following manufacturer and regulatory protocols between clients. Inadequate cleaning of circulating-water basins is a known infection risk.

111. A — Scissor-over-comb tapers hair by moving the comb and scissors together to cut progressively shorter lengths. It blends areas too short to hold with the fingers.

112. C — Acid-balanced (acid) waves are gentler and better suited to fragile, tinted, or damaged hair than alkaline waves. They process more slowly and cause less swelling of the hair.

113. B — Alopecia areata presents as sudden, patchy, round areas of hair loss, often on an otherwise healthy scalp. It is an autoimmune condition distinct from diffuse thinning.

114. A — Deepening hair from level 8 to level 6 requires a darker target colour with appropriate developer to deposit pigment. Lighteners or high-lift formulas would do the opposite.

115. D — Proper draping before lightening prevents the chemical from damaging the client's skin and clothing. Lightener is caustic, so protection is a safety priority, not a cosmetic one.

116. C — Hair that is gummy and stretches without recoiling after lightening signals over-processing and loss of elasticity. The cortex has been chemically degraded, indicating compromised integrity.

117. D — A stacked, graduated bob is built at the nape with low-to-medium graduated elevation to create stacked weight. Zero or uniform 90-degree elevation would not produce the graduation.

118. A — A neutralizing shampoo after a hydroxide relaxer restores the hair and scalp toward normal pH and stops the chemical action. Without it, residual alkalinity continues to damage the hair.

119. C — Grey hair is more resistant to colour because it often has a tighter cuticle and lacks pigment, making penetration harder. This is why pre-softening or maximum-coverage formulas are used.

120. C — Recording chemical service details ensures consistency and safety for future appointments by documenting formulas, timing, and results. Accurate records prevent repeating errors and guide adjustments.