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Question: 1

A client enters the salon complaining of visible bald spots. She is embarrassed by the loss and thinning of hair due to previous chemotherapy and radiation treatments for cancer. As she does not want to part with her hair that has remained through remission, what service can the stylist offer to help her hair appear fuller again?

- A. A deep conditioning treatment
- B. A single process color
- C. A set of micro bead extensions
- D. A custom-fit wig or hairpiece

Answer: D

Explanation:

Given the fragile nature of the hair that has been damaged by chemotherapy and radiation, it would be best for the stylist to offer a custom-fit wig or hairpiece to the client to make her hair appear fuller and not damage the integrity of her remaining hair. While many clients are reluctant to use a wig or hairpiece out of fear of their hair looking unnatural and easily identifiable as a wig, custom-fit wigs or hairpieces are designed to look natural and blend to the hair that the wig or hairpiece is attaching to. These wigs or hairpieces are measured to the shape of the head or the spot on the head that the hairpiece will fit to. While the use of a conditioning treatment will be helpful in restoring lost shine and smoothness, it will not help her hair appear fuller. Chemical treatments, like coloring should be avoided, as they can further damage the hair. Similarly, attaching microbead extensions to the remaining thin and damaged hair could cause breakage.

Question: 2

Which of the following agencies ensures workplace safety?

- A. State Board of Cosmetology
- B. OSHA
- C. EPA
- D. FDA

Answer: B

Explanation:

The Occupational Safety and Health Administration (OSHA) was established in 1970 to protect employees in the workplace. OSHA sets and enforces safety standards to ensure employees work in conditions that will not lead to illness or injury. State Boards of Cosmetology' regulate the licensing of cosmetologists in their state. The Environmental Protection Agency (EPA) works to protect both human

and environmental health by establishing related regulations. The Food and Drug Administration (FDA) regulates food, medication, cosmetics, and medical devices to ensure they are safe for use or consumption.

Question: 3

A client has dark, thin stains towards the back of his fingernail beds. Which of the following conditions does he likely have?

- A. Splinter hemorrhages
- B. Nail psoriasis
- C. Agnail
- D. Onychorrhexis

Answer: A

Explanation:

Splinter hemorrhages are bloodstains at the back of the nail bed caused by damaged capillaries. They often look like black or brown splinters. Nail psoriasis is characterized by rough, pitted nails. An agnail, the medical term for hangnail, occurs when the skin surrounding a fingernail or toenail becomes sore or swollen. Onychorrhexis causes nails to split and grow in a ridge-like pattern.

Question: 4

A cosmetologist has fully combined liquids in her mixing bowl before use. Which of the following terms best describes the liquids she has combined?

- A. Surfactants
- B. Pure substances
- C. Miscible
- D. Volatile organic compounds

Answer: C

Explanation:

These liquids would be considered miscible, meaning they can be fully combined to form a solution. There is no indication that the liquids mixed were pure substances (those that contain only one ingredient). Surfactants are added to mixtures to allow water and oil to combine. Volatile organic compounds, also referred to as VOCs, are carbon-based compounds that easily evaporate.

Question: 5

Which of the following is true of the endocrine system?

- A. It controls the body's hormone levels.

- B. It helps process toxins out of the body.
- C. It regulates oxygen in the blood.
- D. It controls the movement of extremities.

Answer: A

Explanation:

The endocrine system works to control the hormone levels in the body. The hormones that are controlled by the endocrine system determine many functions within the body, such as growth, total body health, and sexual development. The excretory system is responsible for processing out toxins and anything the body cannot use for energy. The circulatory system is responsible for oxygenating blood. The musculoskeletal system controls the body's movement.

Question: 6

A client with long hair has scheduled a perm. Which of the following methods will best accommodate her hair's length?

- A. A croquignole perm wrap
- B. A pin curl perm
- C. A double-rod wrap
- D. A partial perm

Answer: C

Explanation:

Clients with long hair can still receive perm services, but they will likely require the use of the double-rod wrap to accommodate their hair. This wrap is performed using two perm rods. The first rod is utilized for the scalp down to the mid-shaft of the hair, and the second rod helps to connect the mid-shaft down to the ends. This is also referred to as the pigorback wrap. A croquignole wrap is performed by wrapping the hair in layers from the ends to the scalp. This would not accommodate long hair, as a single rod will not contain a full section of long hair. Pin curl perms are best for short hair. They are created by affixing hair to the scalp in a curl pattern with a pin and applying perming solution. A partial perm would not be a suitable option for a client with long or dense hair, as only the top sections of the hair would be permed. A partial perm is best for a client who does not have a lot of length and wants to increase the volume at the top sections of their hair.

Question: 7

Which of the following best describes the purpose of the pH scale?

- A. To identify potential hydrogen ions within a material or substance
- B. To measure how warm water or another substance is
- C. To identify any changes in the humidity of a substance
- D. To see if a substance will float in water

Answer: A

Explanation:

The purpose of the pH scale is to identify potential hydrogen ions within a material or substance. If there are more hydrogen ions within a substance than hydroxide ions, that substance will be acidic. If there are more hydroxide ions than hydrogen ions, then the substance will be alkaline. Certain pH ranges are considered healthy for hair and skin. A cosmetologist should know these ranges and be able to maintain them when applying chemicals to the hair and skin. To measure how warm a substance is, one would use a thermometer to record the substance's temperature, most commonly using the Fahrenheit or Celsius scale. Humidity is measured in percentages using a hygrometer. A substance's ability to float in water is called buoyancy and is calculated using the substance's density and volume.

Question: 8

A client with oily skin wants to make changes to her skin care routine. Which of the following products would be the best recommendation?

- A. A salicylic acid cleanser
- B. An alcohol-based toner
- C. A physical exfoliant
- D. A heavy moisturizer

Answer: A

Explanation:

Salicylic acid cleansers help regulate the skin's oil production, reducing oil and shine on the surface of the skin. These cleansers also help dissolve oil and buildup on the skin's surface. Alcohol-based products will strip oil from the skin, but this stripping triggers excess oil production to compensate for the dryness it causes, making the use of these products counterintuitive. Physical exfoliants stimulate oil glands and disrupt the skin's barrier, leading to an increase in oil production. Heavy moisturizers make the skin look and feel oilier than it is naturally, making them a better fit for clients with dry skin.

Question: 9

How often should client service record cards be updated?

- A. Once every quarter
- B. Once every year
- C. After every appointment
- D. Only when requested by the client

Answer: C

Explanation:

Client service records are used to record services rendered and products used on each individual client. These records track chemical treatments and are used to help determine if or when chemicals can be used again. Client service records are also especially helpful when using custom hair color formulas and treatments that must be mixed at set ratios. Records can be written on physical paper or maintained online, but they must be updated after every service to ensure they are up to date.

Question: 10

Which of the following best describes the purpose of Material Safety Data Sheets (MSDS)?

- A. To provide employees with emergency evacuation routes and procedures
- B. To collect contact information for clients in case they experience an emergency while in the salon
- C. To outline safe usage and storage processes for chemical products
- D. To collect data regarding workplace incidents that lead to injury

Answer: C

Explanation:

Material Safety Data Sheets (MSDS) accompany chemical products and describe health hazards; safe storage, handling, and disposal practices; emergency aid procedures; and physical and chemical properties of the product. Their purpose is to ensure safe usage and storage of chemical products.

Question: 11

Which of the following can be used on the skin to prevent the spread of infection?

- A. Antiseptics
- B. EPA-registered disinfectants
- C. Ammonia-based cleaners
- D. Diluted chlorine bleach

Answer: A

Explanation:

Antiseptics help prevent the spread of infection by killing microbes on the skin. Disinfectants, ammonia-based cleaners, and bleach solutions may be used to clean surfaces but should not be used on skin. Using those products on skin can lead to serious injury and illness.

Question: 12

Which of the following pH ranges would be considered normal for hair?

- A. 1.5-2.5
- B. 3.5-4.5
- C. 4.5-5.5

D. 6.5-7.5

Answer: C

Explanation:

Hair that is not dyed or chemically treated typically falls between 4.5 and 5.5 on the pH scale. Hair that is dyed or chemically treated is often more alkaline, ranging between 8.0 and 14.0. Abnormal pH levels can cause damage and breakage. A pH-balancing shampoo, conditioner, or treatments can help return treated hair to a healthy pH level.

Question: 13

Which of the following bones form the forehead?

- A. Ethmoid bone
- B. Occipital bone
- C. Parietal bones
- D. Frontal bone

Answer: D

Explanation:

The frontal bone forms the forehead. The area between the eye sockets is formed by the ethmoid bone. The back of the skull is formed by the occipital bone. The parietal bones form the top and sides of the cranium.

Question: 14

Which of the following methods is used to safely remove length from the nail while maintaining the nail's integrity?

- A. Starting at the center of the nail and working outward
- B. Clipping both sides before clipping the middle
- C. Starting at the left side and working towards the right
- D. Taking one big snip to remove all length at once

Answer: B

Explanation:

Whenever nail clippers are used to eliminate length, they should be used to first cut the nail's sides. This is followed by cutting the center. This is done to preserve the natural nail. When nails are clipped using this method, it eliminates additional stress to the nails that can cause splitting. This process should be performed whenever the length that needs to be removed is greater than what would normally be achieved by filing.

Question: 15

Which of the following best describes the process for removing nail wraps and artificial attachments?

- A. Soak the nails and attachments in a bowl of warm water.
- B. Clip the nail wraps and attachments off the natural nail.
- C. Soak the nails and attachments in a bowl of acetone.
- D. Gently pull the wrap or attachment off the natural nail.

Answer: C

Explanation:

To remove nail wraps or artificial attachments, a cosmetologist should soak the client's nails in a bowl of acetone. This will soften the product that has been attached to the client's natural nail, allowing it to be gently removed from the nail with a wooden pusher. The nail attachments should never be pulled off or clipped off with nail clippers, as this can damage the natural nail plate by pulling at the top layers of the nail and weakening the natural nail. A manicure is often recommended after an enhancement removal to help rehydrate and refresh the natural nail.

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