COSMETOLOGY REVIEW EXAM 2

Name_________________________________________ Date____________________

Starting Time ____________ Finishing Time_________ Rating _________________

Directions: Carefully read each statement. Select the word or phrase that correctly completes the meaning of each statement.

1. To avoid back strain while giving a shampoo or other service, maintain a_________posture?
   A) sway-back       C) good
   B) lordosis        D) kyphosis

2. In order to give the body support and balance and to help maintain good posture, the cosmetologist should wear?
   A) ankle support boots       C) low-heeled shoes
   B) high-heeled shoes         D) sandals

3. Thoughtfulness of others is considered to be the basis of?
   A) good grooming       C) vitality
   B) salesman ship       D) courtesy

4. One of cosmetologists’ most important personal assets is their?
   A) aggressiveness       C) clothes
   B) personality         D) indifference

5. One important part of professionalism is?
   A) arrogance      C) punctuality
   B) posture        D) antecedents

6. To be liked, it is important to handle clients with?
   A) familiarity       C) timidity
   B) tact           D) patronization

7. The science that deals with healthful living is?
   A) chemistry          C) bacteriology
   B) hygiene            D) cosmetology

8. The practice of public hygiene is important because it helps to preserve the?
   A) quality of cosmetology services       C) health of the community
   B) health of the individual       D) quality of cosmetic products

9. Bad or offensive breath may be treated and minimized by?
   A) gargling with an astringent  C) spraying with a perfumed caustic
   B) spraying with a disinfectant D) rinsing with mouthwash
10. One of the best advertisements of an effectively run salon is a cosmetologist who is?
   A) well groomed  C) fatigued
   B) behind schedule  D) reading styling magazines

11. Pathogenic bacteria are especially common?
   A) in dry places  C) in dirty places
   B) on implements  D) on clean towels

12. Pustules and boils are infectious containing?
   A) non-pathogenic organisms  C) sebum
   B) pathogenic bacteria  D) ringworm

13. Disease may be spread in a salon by?
   A) dry hands  C) laundered towels
   B) unclean hands  D) sanitized implements

14. A wet sanitizer should contain?
   A) a disinfectant solution  C) an antiseptic solution
   B) 30% alcohol  D) 2% formalin

15. The active gas in formalin is?
   A) chlorine  C) sulfur
   B) oxygen  D) formaldehyde

16. Chemical solutions used in a beauty salon should be stored in?
   A) heated cabinets  C) properly labeled containers
   B) the reception area  D) wet sanitizers

17. A formalin solution is commonly used as a?
   A) deodorant  C) sanitizing agent
   B) styptic  D) cleansing agent

18. To be effective, a dry sanitizer may contain (depending upon each state)?
   A) a peroxide solution  C) a disinfectant solution
   B) 70% alcohol  D) an active fumigant

19. Combs and brushes are sanitized by immersion in a _______solution?
   A) deodorant  C) disinfectant
   B) boric acid  D) thio

20. Freedom from disease-bearing germs is referred to as?
   A) bactericide  C) germicide
   B) antiseptic  D) asepsis

21. Sanitized implements are stored in a/an?
   A) open box  C) dry sanitizer
   B) open cabinet  D) wet sanitizer
22. Cosmetologists should clean their hands?
   A) in the morning          C) whenever they get dirty
   B) every morning and afternoon  D) before and after serving a client

23. A person who, although immune to a disease himself, can infect other persons with a disease is known as a/an?
   A) infector          C) immunizer
   B) carrier           D) pathogen

24. A chemical agent that destroys germs is called a/an?
   A) disinfectant          C) fumigant
   B) antiseptic           D) sepsis

25. To create vapors in a cabinet sanitizer, place one tablespoon of formalin in small tray with one tablespoon of?
   A) alcohol               C) Lysol
   B) cresol               D) borax

26. The largest organ of the human body is the?
   A) heart          C) skin
   B) lungs           D) stomach

27. The outer protective layer of the skin is called the?
   A) dermis          C) epidermis
   B) adipose         D) subcutaneous

28. The color the skin depends on the blood supply to the skin and the coloring pigment called?
   A) keratin          C) collagen
   B) melanin         D) tryrosine

29. Of the following skin structures, the most active in heat regulation are the ______ glands?
   A) follicle          C) sweat
   B) sebaceous       D) oil

30. The ability of the skin to stretch and regain its natural shape reveals its?
   A) tension          C) dryness
   B) oiliness        D) elasticity

31. The primary purpose of hair is to?
   A) keep the scalp moist          C) keep the scalp dry
   B) protect and adorn                  D) maintain body temperature

32. The cold shaft is that portion of the hair that?
   A) projects into the skin          C) fits into the follicle
   B) projects 1 inch beyond the skin       D) fits the papilla
33. Hair growth starts at the hairs?
   A) shaft   C) nape
   B) bulb   D) papilla

34. Eyelashes and eyebrows are replaced approximately every?
   A) other month   C) eight to nine months
   B) two months   D) four to five months

35. Texture refers to the degree of the hairs?
   A) tensile strength   C) elasticity
   B) coarseness or fineness   D) pliability

36. Itching is an example of a/an?
   A) subjective symptom   C) primary skin lesion
   B) objective symptom   D) secondary skin lesion

37. Another name for a vesicle is a/an?
   A) cicatrix   C) blister
   B) abrasion   D) scab

38. A disease that lasts a long time is described as being?
   A) chronic   C) objective
   B) acute   D) subjective

39. Comedone is the technical name for a?
   A) whitehead   C) blackhead
   B) pimple   D) rash

40. Persons exposed to too much moisture and heat may develop a condition?
   A) anidrosis   C) hemidrosis
   B) chromidrosis   D) hyperidrosis

41. Patches of dry, silvery scales on the scalp or skin may indicate the presence of?
   A) psoriasis   C) venenata
   B) eczema   D) naevus

42. The medical term for ringworm is?
   A) seborrhea   C) canities
   B) tinea   D) naevus

43. Continued friction of the skin may result in the formation of a?
   A) naevus   C) keratoma
   B) keloid   D) verruca

44. Another name for dandruff is?
   A) alopecia   C) pityriasis
   B) steatoma   D) dermatitis
45. Small, white scales that usually appear on the scalp and hair are a sign of?
   A) dermatitis  C) alopecia
   B) eczema  D) pityriasis

46. Alopecia areata occurs most frequently after an injury to the__________system?
   A) circulatory  C) nervous
   B) muscular  D) digestive

47. Superfluous hair, or abnormal development of hair on the body, is called?
   A) alopecia  C) canities
   B) stretch and return without breaking  D) monilethrix

48. Elasticity is the ability of the hair to?
   A) stretch until breaking  C) stretch
   B) stretch and return without breaking  D) constrict when dry

49. The first consideration of the cosmetologist always should be the?
   A) fee to be charged  C) time consumed
   B) protection of the client  D) client’s tip

50. When draping for thermal curling or waving, a plastic cape may create?
   A) toxic fumes  C) technical failures
   B) a fire hazard  D) short circuits

51. During the shampoo, a scalp massage is given with?
   A) the cushions of the fingertips  C) heavy friction
   B) effleurage movements  D) the tips of the fingernails

52. After a regular shampoo, rinse away all lather from the hair with__________water?
   A) tepid  C) hot
   B) cold  D) warm

53. After a shampoo, lightened hair will be more manageable if given a/an?
   A) acid-balanced  C) medicated
   B) neutral  D) color

54. Cleansing the hair without shampoo and water is done by giving a_______shampoo?
   A) liquid dry  C) henna
   B) peroxide  D) plain

55. To prevent stripping of tints or toners from the hair, use a shampoo that is?
   A) alkaline  C) anti-dandruff
   B) highlighting  D) acid-balanced

56. When an acidic rinse is used, it is followed with a?
   A) clear warm water rinse  C) dry shampoo
   B) soapless oil shampoo  D) henna rinse
57. A rinse that helps close and harden the cuticle layer after a tint or toner is a/an_______rinse?
   A) acidic       C) henna
   B) alkaline     D) medicated

58. A cream rinse is a commercial product that tends to?
   A) add temporary color   C) remove soap curds
   B) rinse easily from the hair   D) detangle hair

59. Scalp massage is beneficial because it stimulates the?
   A) sudoriferous secretions   C) pituitary gland
   B) blood circulation         D) thyroid gland

60. A basic requisite for a healthy scalp is?
   A) vitamin E         C) cleanliness
   B) a medicated rinse  D) yearly scalp massage

61. A tight scalp can be made more flexible by?
   A) an egg dry shampoo   C) a tar shampoo
   B) scalp manipulation   D) an antiseptic shampoo

62. Dust and dirt may be removed by?
   A) frequent bleachings   C) hair brushing
   B) finishing sprays      D) scalp massage

63. One important benefit of scalp manipulations is that they?
   A) irrigate the scalp     C) remove sebum
   B) curl hair ends         D) stimulate the flow of blood

64. The more common causes of dandruff are improper diet, uncleanliness, and?
   A) over-active sebaceous glands   C) hormonal disturbances
   B) poor circulation            D) weak arrector pili muscles

65. Hairstyles are designed to accentuate the client’s?
   A) facial features       C) hair color
   B) add color to hair     D) makeup

66. The thinning of hair involves?
   A) cutting it straight off   C) decreasing its bulk
   B) blunt cutting           D) trimming the ends

67. Cutting the hair in graduated lengths from the nape of the neck toward the crown of the head is known as?
   A) layer cutting       C) club cutting
   B) razor cutting       D) shingling

68. Hair that can be thinned closest to the scalp without bouncing up is?
   A) fine          C) coarse
   B) medium       D) weak
69. Hair cutting is a basis for?
   A) pin curls  C) roller curls
   B) thinning  D) suitable styles

70. The method of cutting hair straight across without tapering is referred to as ________cutting?
   A) slither  C) razor
   B) feather  D) blunt

71. Best results in finger waving are obtained when the hair is naturally?
   A) straight  C) frizzy
   B) wavy  D) curly

72. For a hairstyle with a side part, finger waving should start on the?
   A) thin side of the hair  C) heavy side of the hair
   B) back of the head  D) crown part of the head

73. To emphasize the ridge of a finger wave?
   A) press the teeth of the comb  C) press the ridge between the fingers
   B) use the comb and back of hand  D) push the hair down with the fingers

74. After a finger wave, excessive drying of the hair will?
   A) overdry the scalp and hair  C) make the wave longer-lasting
   B) add oil to hair and scalp  D) upset the wave

75. Another name for pin curl is_________curl?
   A) roller  C) spiral
   B) barrel  D) sculpture

76. The three parts of a pin curl are its base, circle and?
   A) volume  C) stem
   B) parting  D) mobility

77. The curl obtains its direction, action, and mobility from its?
   A) pivot  C) circle
   B) base  D) stem

78. A firm, immovable position, permitting only the circle of the curl to move, is created by a_______curl?
   A) no-stem  C) full-stem
   B) half-stem  D) flair stem

79. The size of the pin curl determines the curl?
   A) direction  C) foundation
   B) mobility  D) size

80. The instrument used for trimming the cuticle is a?
   A) buffer  C) nipper
   B) pusher  D) brush
81. Minor bleeding in manicuring is stopped with?
   A) alcohol  C) a styptic powder
   B) a disinfectant  D) a sealer

82. A healthy nail is smooth, curved, and without hollows or?
   A) ridges  C) firmness
   B) flexibility  D) color

83. The nail is composed of a substance called?
   A) melanin  C) keratin
   B) elastin  D) collagen

84. Effleurage is used in massage for its__________effects?
   A) stimulating  C) invigorating
   B) smoothing  D) magnetic

85. Friction in massage requires the use of_______movements?
   A) vibratory  C) deep rubbing
   B) slapping  D) light stroking

86. Firm kneading massage movements usually produce a sensation to body tissues that is?
   A) stimulating  C) soothing
   B) cooling  D) relaxing

87. Massage should not be given when?
   A) moles are present  C) abrasions are present
   B) albinism is present  D) tightness is present

88. When giving a facial, eye pads should be applied before using?
   A) massage manipulations  C) comedone extractor
   B) astringent lotion  D) red dermal light

89. After removing blackheads, apply a/an?
   A) deodorant  C) antiseptic
   B) styptic  D) caustic

90. A facial pack is recommended for_____skin?
   A) aging  C) oily
   B) pale  D) dry

91. For dry skin avoid using lotions that have a large percentage of?
   A) lanolin  C) alcohol
   B) emollients  D) oil

92. The direction of pressure in facial massage movements should be from the muscle?
   A) origin to insertion  C) posterior to interior
   B) insertion to origin  D) superior to inferior
93. Eyebrows should be tweezed in the direction?
   A) opposite to their natural growth   C) toward the chin
   B) of their natural growth   D) toward the scalp

94. For a more natural look, strip eyelashes, should be?
   A) shortened   C) lightened
   B) darkened   D) feathered

95. Unwanted hair may be temporarily removed by?
   A) diathermy   C) shortwaves
   B) depilatories   D) galvanic current

96. Before applying a chemical depilatory, it is necessary to give a ________ test?
   A) hair   C) skin
   B) strand   D) acid

97. For those clients who cannot tolerate hot wax, another method available for the temporary removal of superfluous hair is?
   A) cold wax   C) thermolysis
   B) electrolysis   D) diathermy

98. An excessive growth of hair is called?
   A) hypertrichosis   C) trichoptilosis
   B) thermolysis   D) papilla

99. The method used for permanent hair removal is?
   A) electrolysis   C) tweezing
   B) arching   D) dipilatories

100. The known causes of superfluous hair are glandular disturbances, unique racial characteristics, and?
    A) senility   C) alopecia
    B) contagion   D) heredity