1. One of the major requirements for good health is?
   A) proper nutrition  C) styptic formation
   B) freedom from canities  D) personal disinfection

2. The cosmetologist can help in protecting the client’s health by using the best?
   A) cosmetic products  C) sanitary practices
   B) professional instruments  D) professional techniques

3. Factors that may be considered health hazards are?
   A) personality  C) confidence
   B) ethics  D) honesty

4. Pathogenic bacteria produce?
   A) health  C) antioxins
   B) disease  D) beneficial effects

5. Resistance to disease is known as?
   A) infection  C) a parasite
   B) immunity  D) a fungus

6. A dry sanitizer is most effective when it contains?
   A) disinfectant  C) styptic
   B) fumigant  D) deodorant

7. Quaternary ammonium compound is used as a/an?
   A) antiseptic  C) bacteria
   B) deodorant  D) disinfectant

8. For effective disinfection, a quaternary ammonium compound requires?
   A) a very long contact time  C) a relatively short contact time
   B) triple strength  D) mixing with soap

9. A safe antiseptic used to clean cut skin is?
   A) 3% hydrogen peroxide  C) carbolic acid
   B) hydrochloric acid  D) bichloride of mercury
10. Bacteria may enter the body through?
   A) dry skin       C) broken skin
   B) moist skin    D) oily skin

11. Organisms that live on other organisms without giving anything in return are known as?
   A) favus             C) diphtheria
   B) bacteria        D) parasites

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

13. A freshly laundered towel should be used?
   A) for every two clients   C) until it gets soiled
   B) for each client         D) all of the above

14. The dermis is also known as the corum, cutis, derma, or?
   A) cuticle                C) scarf skin
   B) true skin               D) adipose tissue

15. Melanin protects the skin from the harmful action of?
   A) bacteria          C) ultra violet rays
   B) pressure           D) electrical current

16. Skin elasticity is due to the presence of elastic tissue in the?
   A) dermis              C) subcutaneous tissue
   B) epidermis           D) cuticle

17. Over time, continued pressure and rubbing of the skin in one area will cause it to become?
   A) slippery           C) calloused
   B) thinner           D) scaly

18. The sebaceous glands secrete?
   A) melanin             C) oil
   B) saliva              D) perspiration

19. The sweat glands help to eliminate one of the following from the body?
   A) oxygen           C) oil
   B) waste products   D) sebum

20. The average life of hair on the head is about?
   A) 8-10 months       C) 2-6 years
   B) 12-15 months     D) more than 8 years
21. The natural color of hair and texture mainly depend on?
   A) the hair stream  C) heredity
   B) cowlicks        D) hirsuties

22. If the papilla is destroyed, the hair will?
   A) grow again       C) grow finer
   B) grow longer      D) never grow again

23. Porosity is the ability of the hair to absorb?
   A) oxygen           C) moisture
   B) sebum            D) ultra violet rays

24. Dry, normal hair can stretch about?
   A) 20% its natural length C) twice its natural length
   B) 50% its natural length D) 75% its natural length

25. Long-neglected dandruff may frequently lead to?
   A) tinea              C) baldness
   B) scabies           D) psoriasis

26. The neck strip or towel is used to prevent?
   A) the client from perspiring C) complete saturation of the hair
   B) the cape from touching the skin D) comfort of client

27. When draping for thermal curling or waving, use a?
   A) cotton or linen cape   C) rubber cape
   B) plastic cape          D) very short cape

28. Strongly alkaline shampoos make the hair?
   A) soft and silky        C) color fast
   B) dry and brittle       D) easier to comb

29. During the shampoo, a scalp massage is given with?
   A) the cushions of the fingertips  C) rubber gloves
   B) hairbrushes             D) the palms of the hands

30. To avoid matting lightened hair, apply shampoo very slowly and work with the hands?
   A) underneath the hair   C) on the ends of the hair
   B) on top of the hair    D) around the hairline

31. When shampooing lightened hair, it is advisable to use a shampoo that is?
   A) low in alkalinity  C) high in alkalinity
   B) caustic           D) all of the above

32. Cleansing the hair without using soap and water is done using a/an_________shampoo?
   A) liquid dry         C) oil
   B) peroxide          D) plain
33. A temporary rinse designed to color the hair is a________rinse?  
   A) cream  C) color  
   B) non-strip  D) reconditioning  

34. A rinse to prevent the removal of tint from the hair is a_______rinse?  
   A) color  C) peroxide  
   B) non-strip  D) medicated  

35. Shampoos that lather in both hard and soft water are________shampoos?  
   A) glycerine  C) soapless  
   B) non-strip  D) borax  

36. A scalp treatment should not be given before a?  
   A) shampoo  C) hair setting  
   B) permanent wave  D) dandruff treatment  

37. Brushing the hair before a scalp treatment helps to remove?  
   A) dirt and dust  C) hair ends  
   B) hair color  D) luster and sheen  

38. Scalp manipulations are valuable because they stimulate the?  
   A) pituitary glands  C) blood circulation  
   B) arrector pili  D) follicles  

39. The appearance of white scales on the head or scalp is an indication of?  
   A) seborrhea  C) dandruff  
   B) milia  D) comedones  

40. The tip of the index finger is braced near the pivot of the scissors to give the stylist?  
   A) more speed  C) greater vision  
   B) better control  D) guidelines  

41. Effilating is another term for?  
   A) slithering  C) shingling  
   B) clipping  D) club cutting  

42. Temporary relief for split ends may be achieved by?  
   A) effilating  C) cutting  
   B) slithering  D) feathering  

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

44. The thinning of hair involves?  
   A) cutting it straight off  C) decreasing its bulk  
   B) blunt cutting  D) trimming the ends
45. An important factor in deciding how close to the head the hair may be thinned is the hairs?
   A) elasticity  
   B) color  
   C) texture  
   D) stream

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

47. When giving a finger wave, what is used to make the hair more pliable and hold it in place?
   A) a cream rinse  
   B) setting lotion  
   C) hair lacquer  
   D) a neutralizer

48. After a finger wave, what should be the condition of the hair before it is combed out?
   A) thoroughly dried  
   B) thoroughly lubricated  
   C) warm  
   D) oily

49. The mobility of a pin curl is determined by its?
   A) base  
   B) stem  
   C) pivot  
   D) circle

50. When the hairstyle requires a lot of mobility, use the_____curl?
   A) full-stem  
   B) half-stem  
   C) no-stem  
   D) back-stem

51. The four most commonly shaped curl bases used in hairstyling are the square, rectangular, triangular, and?
   A) circular  
   B) flat  
   C) arc or half-moon  
   D) flair

52. To obtain wide, smooth-flowing vertical waves on the sides of the head, recommend a?
   A) narrow wave  
   B) stand-up wave  
   C) reverse wave  
   D) skip wave

53. Carefully removing a section of hair from a pin curl shaping is referred to as?
   A) sectioning  
   B) slicing  
   C) molding  
   D) directing

54. To control the hair ends when winding the hair on rollers, you may use?
   A) hair spray  
   B) end papers  
   C) roller pins  
   D) hair clips

55. During a comb-out, to form a cushion or base, use?
   A) thinning  
   B) stripping  
   C) back-combing  
   D) feathering
56. A section of hair that has been molded into a design as a base for a curl pattern is a?
   A) base  C) shaping
   B) stem     D) bouffant

57. Pin curls sliced out of a shaping without disturbing that shaping are called _________curls?
   A) French  C) stand-up
   B) carved    D) flair

58. The arrangement of hair at the back of the head in a smooth vertical mold line is called a?
   A) French twist    C) beehive
   B) page boy        D) halo

59. If wigs are worn frequently, they should be cleaned every?
   A) 2-4 weeks  C) 2-3 months
   B) 8-10 weeks D) 4-6 months

60. Human hair wigs can be distinguished from synthetic hair wigs by a simple_______test?
    A) tinting     C) pre-disposition
    B) match       D) strand

61. Excessive air-waving may cause dryness and?
    A) deep waves  C) discoloration
    B) split ends D) shadow waves

62. In air-dry styling, before combing, the hair must be thoroughly?
    A) brushed     C) cooled
    B) detangled   D) sprayed

63. The best time to give a hair press is?
    A) before a shampoo  C) before styling
    B) after a shampoo  D) After a hair shaping

64. When pressing gray hair, use light pressure and___________heat?
    A) more        C) no
    B) moderate    D) intense

65. Hair that appears lifeless and limp is usually lacking in?
    A) elasticity    C) porosity
    B) texture       D) density

66. The use of excessively hot thermal irons on chemically straightened hair will cause hair?
    A) to revert to a curly state  C) oiliness
    B) growth                   D) breakage

67. Fishhook hair ends are caused when the?
    A) irons are too hot  C) curl is started too high
    B) ends of hair are not caught in the iron D) curl is started too low
68. The process of straightening overly curly hair by the use of chemical agents is known as chemical hair?
   A) neutralizing   B) stabilizing   C) relaxing   D) stranding

69. Before applying the chemical hair relaxer, the hair must be analyzed to determine its?
   A) color, length, and direction   B) density and hair flow   C) porosity, texture, and elasticity   D) growth, shade and density

70. What second chemical agent is often required in addition to the chemical relaxer?
   A) gel   B) processing cream   C) waving lotion   D) neutralizer

71. To pre-determine the results to be expected from a chemical hair relaxing treatment, it is necessary to take a ______ test?
   A) patch   B) stabilizing   C) filler   D) strand

72. The scalp and skin are protected from possible burns when using a hair relaxer by applying?
   A) hair spray   B) the stabilizer   C) sodium hydroxide   D) the base

73. The two most commonly used methods of chemical hair relaxing are the thio method and the________ method?
   A) thermal   B) sodium hydroxide   C) single-process   D) double-process

74. If a chemical relaxer is applied to hair that has been hard-pressed, it could result in?
   A) tangled hair   B) stabilization   C) hair breakage   D) curl reversion

75. In hair tinting, hydrogen peroxide is the developer when mixed with a/an?
   A) vegetable hair tint   B) aniline derivative   C) metallic hair dye   D) compound dye

76. When an aniline derivative tint is mixed with hydrogen peroxide, it causes a chemical reaction known as?
   A) pre-softening   B) pre-lightening   C) oxidaton   D) blending

77. A skin or patch test is required before applying a/an?
   A) vegetable tint   B) color rinse   C) metallic dye   D) aniline derivative tint

78. Pre-softening before applying a one-step hair tint serves to?
   A) remove metallic dye   B) increase elasticity   C) harden lightened hair   D) increase porosity
79. In a retouch, the hair tint is first applied to the?
   A) hair ends   C) new growth
   B) entire hair shaft   D) hairline only

80. In permanent hair tinting, hydrogen peroxide is used as a?
   A) conditioner   C) filler
   B) developer   D) relaxer

81. An aniline derivative hair tint is?
   A) compound   C) penetrating
   B) vegetable   D) metallic

82. Single application tint is prepared by mixing tint with?
   A) hard water   C) ammonia water
   B) hydrogen peroxide   D) certified color

83. Hair tinting does the following to hair?
   A) decreases the amount of natural pigment   C) removes most of the natural pigment
   B) adds artificial color   D) completely removes the natural pigment

84. Before a permanent wave, a mild shampoo should be accompanied by ______manipulations?
   A) gentle scalp   C) vibratory scalp
   B) kneading scalp   D) stimulating scalp

85. In permanent waving, a longer processing time usually is required for hair that is?
   A) lightened   C) porous
   B) tinted   D) resistant

86. The permanent wave solution used on the hair has a ________action?
   A) hardening   C) lubricating
   B) softening   D) stiffening

87. In acid-balanced perms, damage to hair or skin is minimized because?
   A) waving lotion is used   C) harsh alkalis are not used
   B) concentrated heat is applied   D) permanent wave rods are used

88. During the processing time in permanent waving, the hair tends to?
   A) contract   C) darken
   B) expand   D) harden

89. The hair sections for a permanent wave should?
   A) have rectangular shapes   C) vary all over head
   B) have square shapes   D) vary at the crown of the head

90. The processing time for any permanent wave depends on the hair texture and its?
   A) alkalinity   C) elasticity
   B) porosity   D) resiliency
91. The size of the curl or wave in permanent waving is controlled by the ?
   A) size of the curling rod       C) neutralizer
   B) cold wave solution          D) end papers

92. If a permanent wave lotion accidentally drips on the skin, the cosmetologist should immediately apply?
   A) aniline                      C) neutralizer
   B) formalin                     D) more lotion

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

94. The immediate effects of massage are first noticed ?
   A) in the mucous membranes       C) on the skin
   B) in the muscle                 D) under the eye

95. Massage serves to stimulate and strengthen the?
   A) bone tissue                   C) hair
   B) lymph glands                  D) muscle fibers

96. Modern studies show that acne may be due to?
   A) extreme cleanliness            C) balanced diet
   B) lack of skin treatments        D) hereditary factors

97. Milia is a common skin disorder that usually occurs in skin texture that is ?
   A) coarse                        C) fine
   B) flabby                        D) sebaceous

98. An astringent lotion is applied after tweezing the eyebrows in order to __________the skin?
   A) relax                         C) expand
   B) contract                      D) stimulate

99. The process of attaching semi-permanent individual eyelashes is referred to as ?
   A) stripping                     C) adhesive lashes
   B) eye tabbing                    D) brush lashing

100. After the removal of a wax depilatory, apply an emollient cream or a/an?
     A) disinfectant                  C) caustic
     B) deodorant                    D) antiseptic