

## Cosmetology 3 & 4 Lesson Plan

### Objectives:

Students will be able to:

- Demonstrate skills in the following areas:

Haircutting  
Hairstyling  
Haircoloring  
Permanent Waving  
Hair Relaxing  
Hair Removal  
Facials  
Manicures

### Procedures:

- Students need to read, read and reread their CIB (the packet with their state board steps and procedures)
- Students need to practice timing themselves performing the procedures in the CIB packet.
- Also attached is 3- 100 question state board practice test, please complete these tests. Make sure if you are writing answers on a separate piece of paper that you title them correctly.
- If you have not completed OSHA please do so, remember if you do not pass the final test after 2 try's PLEASE DO NOT take it again.

<https://campus.careersafeonline.com>

- Attached are some videos with state board procedures:
  - <https://www.youtube.com/watch?v=bSleRktXAJw>
  - <https://www.youtube.com/watch?v=Y2xkNfllg2E>
  - <https://www.youtube.com/watch?v=CTawEEI94aQ>
  - [https://www.youtube.com/watch?v=9Ip6P1\\_qRe4](https://www.youtube.com/watch?v=9Ip6P1_qRe4)
  - <https://www.youtube.com/watch?v=5l-pQptmbrA>
  - <https://www.youtube.com/watch?v=AHLy42f9dl0>
  - <https://www.youtube.com/watch?v=OyElP8vMVQA&t=112s>
  - [https://www.youtube.com/watch?v=Vzfl\\_yep6T8](https://www.youtube.com/watch?v=Vzfl_yep6T8)
  - <https://www.youtube.com/watch?v=TJd6OGRVcSI>
  - <https://www.youtube.com/watch?v=bcbpdReeXtQ>
  - <https://www.youtube.com/watch?v=7zCxDe0zQRk>

Above are videos with students reading the CIB info, I think most of them are attached, please remember these are students performing these tasks and not all steps were done correctly, but listen to the person reading and what they are looking for, and notice safety and sanitation practices, good and bad.

- Practice practice practice

NIC NATIONAL COSMETOLOGY PRACTICAL  
EXAMINATION TASK LINES AND VERBAL INSTRUCTIONS

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1. WORK AREA AND CLIENT PREPARATION, AND SET  
UP OF SUPPLIES (15 minutes)

Proctor – Verbal Instructions: Read to all candidates:

*"You will prepare your work area for your client."*

*"You will set up the universal supplies you will use throughout the examination."*

*"You will also set up the supplies for the following sections of the examination:*

*Thermal Curling,*

*Haircutting,*

*"You will also prepare your client for services."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will have 15 minutes to complete this section."*

*"You will be informed when you have 8 minutes remaining."*

*"Step back to indicate you have finished."*

(1) *"The instructions will be repeated."*

(2) *"You may begin."*

Candidates will be evaluated on the following tasks:

- 1.1 Disinfects all work areas completely with product labeled in English (manufacturer's label) as EPA-registered, hospital-grade disinfectant
- 1.2 Sanitizes hands with product labeled in English (manufacturer's label)
- 1.3 Universal supplies are labeled in English (If original manufacturer's label is present, it must have English and may be multi-language. Any other created label must be only English.)
- 1.4 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section of the examination, we will now proceed."*

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

*"Please stop working."*



## 2. THERMAL CURLING (10 minutes)

Proctor – Verbal Instructions: Read to all candidates:

*"You will perform thermal curling."*

*"You will form two curls on the top of the head and two curls on one side of the head."*

*"A complete curl must be formed from base to end."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will have 10 minutes to complete this section."*

*"You will be informed when you have 5 minutes remaining."*

*"Step back to indicate you have finished."*

(1) *"The instructions will be repeated."*

(2) *"You may begin."*

Candidates will be evaluated on the following tasks:

- 2.1 Thermal curling supplies are labeled in English (If original manufacturer's label is present, it must have English and may be multi-language, any other created label must be only English)
- 2.2 Implements and supplies are visibly clean
- 2.3 Tests temperature of iron
- 2.4 Subsections hair for thermal curling
- 2.5 Uses iron safely
- 2.6 Final appearance of four curls
- 2.7 Maintains drape throughout section
- 2.8 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section of the examination, we will now proceed."*

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

*"Please stop working."*

### 3. HAIRCUTTING (30 minutes)

Proctor – Verbal Instructions: Read to all candidates:

*"You will perform a haircut."*

*"You will complete a basic layered haircut using razor and shears."*

*"You will cut at least 1 inch of hair throughout the haircut. "*

*"Do not remove your hair clippings from your work area until you are instructed individually by the examiner to do so."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will have 30 minutes to complete this section."*

*"You will be informed when you have 15 minutes remaining."*

*"Step back to indicate you have finished."*

(1) *"The instructions will be repeated."*

(2) *"You may begin."*

Candidates will be evaluated on the following tasks:

- 3.1 **Haircutting supplies are labeled in English** (If original manufacturer's label is present, it must have English and may be multi-language, any other created label must be only English)
- 3.2 **Implements and supplies are visibly clean**
- 3.3 **Uses razor safely**
- 3.4 **Uses shears safely**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before the timing has elapsed:

*"All candidates have indicated they have completed this section of the examination. Please do nothing until the next verbal instructions are given."*

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

*"Please stop working. Please do nothing until the next verbal instructions are given."*

Examiner – Verbal Instructions: Examiner will perform a check individually once ALL candidates in the room have completed the haircut or timing has elapsed:

*"May I please use your comb to check the haircut?"*

- 3.5 **Cuts entire nape line to a uniform length**
- 3.6 **Cuts sides uniform in length**
- 3.7 **Blends haircut**

## NIC NATIONAL COSMETOLOGY PRACTICAL EXAMINATION CIB

### *NIC Cosmetology Practical Examination – Haircutting (continued)*

**Examiner – Verbal Instructions:** Read to each candidate individually after assessment:  
*"Please clean up your hair at this time. Upon completion, please do nothing until the next verbal instructions are given."*

- 3.8 Removes hair from work area
- 3.9 Maintains drape throughout section
- 3.10 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

**Proctor – Verbal Instructions:** Read to candidates when all examiners have indicated they have completed their assessment:  
*"All examiners have indicated they are ready to proceed."*

### **4. WORK AREA AND NEW CLIENT PREPARATION, AND SET UP OF SUPPLIES (15 minutes)**

- Proctor – Verbal Instructions:** Read to all candidates:
- "You will breakdown your work area and dispose of supplies used in the previous sections of this examination."*
  - "You will prepare your work area for a NEW client."*
  - "You will set up the universal supplies you will use for the remainder of the examination."*
  - "You will also set up the supplies for the following sections of the examination:  
Chemical Waving,  
Predisposition Test and Strand Test,  
Highlighting with Foil, Virgin Application,  
Hair Color Retouch,  
Virgin Hair Relaxer Application."*
  - "You will also prepare your client for chemical services."*
  - "You will be expected to follow all client protection, safety and infection control procedures."*
  - "You will have 15 minutes to complete this section."*
  - "You will be informed when you have 8 minutes remaining."*
  - "Do not demonstrate any procedures until the verbal instructions are given and you are instructed to begin."*
  - "Step back to indicate you have finished."*
- (1) *"The instructions will be repeated."*
  - (2) *"You may begin."*



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## NIC NATIONAL COSMETOLOGY PRACTICAL EXAMINATION CIB

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*NIC Cosmetology Practical Examination – Work Area and NEW Client Preparation, and Setup of Supplies (continued)*

Candidates will be evaluated on the following tasks:

- 4.1 Disinfects all work areas completely with product labeled in English (manufacturer's label) as EPA-registered, hospital-grade disinfectant
- 4.2 Sanitizes hands with product labeled in English (manufacturer's label)
- 4.3 Universal supplies are labeled in English (If original manufacturer's label is present, it must have English and may be multi-language. Any other created label must be only English.)
- 4.4 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section of the examination, we will now proceed."*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*"Please stop working."*

### 5. CHEMICAL WAVING (20 minutes)

**Proctor – Verbal Instructions:** Read to all candidates:

*"You will perform chemical waving."*

*"You will wrap the entire center back section of the head, from crown to nape."*

*"Once you are finished wrapping, please step back and wait for the next verbal instructions to be given."*

*"Do not perform the saturation procedure, a test curl, or remove a rod until instructed individually by the examiner to do so."*

*"Do not remove the remaining rods until you are instructed to do so."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will have 20 minutes to complete this section."*

*"You will be informed when you have 10 minutes remaining."*

*"Step back to indicate you have finished."*

(1) *"The instructions will be repeated."*

(2) *"You may begin."*



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## NIC NATIONAL COSMETOLOGY PRACTICAL EXAMINATION CIB

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### *NIC Cosmetology Practical Examination – Chemical Waving (continued)*

Candidates will be evaluated on the following tasks:

- 5.1 **Chemical waving supplies are labeled in English** (If original manufacturer's label is present, it must have English and may be multi-language, any other created label must be only English)
- 5.2 **Implements and supplies are visibly clean**
- 5.3 **Subsections hair for chemical waving service**
- 5.4 **Wraps hair**
- 5.5 **Correct rod placement used throughout entire section**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section. Please wait until the next verbal instructions are given."*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*"Please stop working. Please wait until the next verbal instructions are given."*

**Examiner – Verbal Instructions:** Examiner will perform a check individually once ALL candidates in the room have completed chemical waving or timing has elapsed:

*"Please demonstrate saturation"*

#### **5.6 Demonstrates saturation process**

**Examiner – Verbal Instructions:** Read to each candidate individually:

*"Please demonstrate a test curl."*

#### **5.7 Demonstrates test curl**

**Examiner – Verbal Instructions:** Read to each candidate individually:

*"Please remove one rod from the hair."*

**Examiner – Verbal Instructions:** Once rod is removed from the hair, read individually to candidate:

*"Do not remove the remaining rods until instructed to do so."*

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## NIC NATIONAL COSMETOLOGY PRACTICAL EXAMINATION CIB

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### *NIC Cosmetology Practical Examination – Chemical Waving (continued)*

**Proctor – Verbal Instructions:** Read when all examiners have indicated they are ready to proceed:

*"All examiners have indicated they are ready to proceed."*

*"You will have 5 minutes to remove all remaining rods from the head and create 5 sections for the remaining chemical services."*

*"Step back to indicate you have finished."*

(1) *"You may begin."*

**Candidates will be evaluated on the following tasks:**

**5.8 Maintains drape throughout section**

**5.9 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section of the examination, we will now proceed."*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*"Please stop working."*

## **6. PREDISPOSITION TEST AND STRAND TEST WITH SIMULATED PRODUCT (10 minutes)**

**Proctor – Verbal Instructions:** Read to all candidates:

*"You will perform the predisposition test and strand test for permanent hair color."*

*"You will demonstrate the predisposition test behind the ear."*

*"You will demonstrate the strand test process on any single subsection of hair."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will have 10 minutes to complete this section."*

*"You will be informed when you have 5 minutes remaining."*

*"Step back to indicate you have finished."*

(1) *"The instructions will be repeated."*

(2) *"You may begin."*

*NIC Cosmetology Practical Examination – predisposition test and strand test (continued)*

Candidates will be evaluated on the following tasks:

- 6.1 **Predisposition and strand test supplies are labeled in English**  
(If original manufacturer's label is present, it must have English and may be multi-language. Any other created label must be only English)
- 6.2 **Implements and supplies are visibly clean**
- 6.3 **Demonstrates predisposition test with simulated product behind the ear**
- 6.4 **Demonstrates strand test process with simulated product**
- 6.5 **Maintains drape throughout section**
- 6.6 **Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section. Please wait until the next verbal instructions are given."*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*"Please stop working. Please wait until the next verbal instructions are given."*

## **7. HIGHLIGHTING WITH FOIL, VIRGIN APPLICATION WITH COLORED SIMULATED PRODUCT (15 minutes)**

**Proctor – Verbal Instructions:** Read to all candidates:

*"You will perform highlighting with foil, virgin application."*

*"You will place four foils on the top of the head from the front hairline to the apex."*

*"You will apply simulated highlighting product from upper edge of foils to hair ends."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will have 15 minutes to complete this section."*

*"You will be informed when you have 8 minutes remaining."*

*"Step back to indicate you have finished."*

(1) *"The instructions will be repeated."*

(2) *"You may begin."*

Candidates will be evaluated on the following tasks:

- 7.1 **Highlighting with foil supplies are labeled in English** (If original manufacturer's label is present, it must have English and may be multi-language, any other created label must be only English)



*NIC Cosmetology Practical Examination – Highlighting with Foil (continued)*

- 7.2 Implements and supplies are visibly clean**
- 7.3 Subsections hair for highlighting with foils**
- 7.4 Uses correct foil placement**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*“All candidates have indicated they have completed this section. Please wait until the next verbal instructions are given.”*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*“Please stop working. Please wait until the next verbal instructions are given.”*

**7.5 Final result of simulated product application**

**Examiner – Verbal Instructions:** Read to candidate individually after assessment:

*“Please do nothing until the next verbal instructions are given.”*

- 7.6 Maintains drape throughout section**
- 7.7 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read to candidates when all examiners have indicated they have completed their assessment:

*“All examiners have indicated they are ready to proceed.”*

**8. HAIR COLOR RETOUCH WITH COLORED  
SIMULATED PRODUCT (10 minutes)**

**Proctor – Verbal Instructions:** Read to all candidates:

*“You will perform a hair color retouch application.”*

*“You will apply simulated hair color product to one section of the back of the head.”*

*“The client has 1 inch of regrowth.”*

*“You will be expected to follow all client protection, safety and infection control procedures.”*

*“You will have 10 minutes to complete this section.”*

*“You will be informed when you have 5 minutes remaining.”*

*“Step back to indicate you have finished.”*

(1) *“The instructions will be repeated.”*

(2) *“You may begin.”*



*NIC Cosmetology Practical Examination – Hair color Retouch (continued)*

Candidates will be evaluated on the following tasks:

- 8.1 Hair color retouch supplies are labeled in English** (If original manufacturer's label is present, it must have English and may be multi-language, any other created label must be only English)
- 8.2 Implements and supplies are visibly clean**
- 8.3 Subsections hair**
- 8.4 Applies simulated hair color product**
- 8.5 Final result of hair color retouch application**
- 8.6 Maintains drape throughout section**
- 8.7 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section of the examination, we will now proceed."*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*"Please stop working."*

## **9. VIRGIN HAIR RELAXER APPLICATION WITH COLORED SIMULATED PRODUCT (Untimed)**

**Proctor – Verbal Instructions:** Read to all candidates:

*"You will perform a virgin hair relaxer application."*

*"You will apply simulated relaxer product on a single subsection of hair."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will be instructed individually by the examiner to demonstrate a virgin hair relaxer application"*

*"This is an untimed section."*

*"Do not begin to demonstrate the virgin relaxer application until instructed individually by the examiner to do so."*

(1) *"The instructions will be repeated."*

*NIC Cosmetology Practical Examination – Virgin Hair Relaxer (continued)*

Candidates will be evaluated on the following tasks:

- 9.1 Virgin hair relaxer supplies are labeled in English (If original manufacturer's label is present, it must have English and may be multi-language, any other created label must be only English)
- 9.2 Implements and supplies are visibly clean

Examiner – Verbal Instructions: Read to each candidate individually:  
*"Please demonstrate a virgin relaxer application procedure."*

- 9.3 Subsections hair for relaxer application
- 9.4 Applies simulated relaxer product

Examiner – Verbal Instructions: Read to candidate individually after assessment:  
*"Please do nothing until the next verbal instructions are given."*

- 9.5 Maintains drape throughout section
- 9.6 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

Proctor – Verbal Instructions: Read to candidates when all examiners have indicated they have completed their assessment:  
*"All examiners have indicated they are ready to proceed."*

## **10. BLOOD EXPOSURE PROCEDURE (10 minutes)**

Proctor – Verbal Instructions: Read to all candidates:  
*"You will demonstrate the blood exposure procedure."*

*"You will imagine the following scenario: During a service, you have sustained a minor cut to your index finger. The injury is such that you can continue with the service. Your work area or client has not been contaminated. You are expected to demonstrate the proper procedure for a blood exposure."*

*"You are expected to follow all client protection, safety and infection control procedures."*

*"You will have 10 minutes to complete this section."*

*"You will be informed when you have 5 minutes remaining."*

*"Step back to indicate you have finished."*

(1) *"The instructions will be repeated."*

(2) *"Please demonstrate the blood exposure procedure for this scenario."*

*NIC Cosmetology Practical Examination – Blood Exposure (continued)*

Candidates will be evaluated on the following tasks:

- 10.1 Blood exposure supplies are labeled in English**  
(If original manufacturer's label is present, it must have English and may be multi-language, any other created label must be only English)
- 10.2 Removes materials from first aid kit**
- 10.3 Supplies and materials are visibly clean**
- 10.4 Cleans injured area with antiseptic (e.g., alcohol, hand sanitizer)**
- 10.5 Cover with dressing that is absorbent and secured**
- 10.6 Candidate wears glove or finger guard**
- 10.7 Disposes of all contaminated supplies**
- 10.8 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section. Please wait until the next verbal instructions are given."*

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

*"Please stop working."*

**11. BLOW DRY STYLING (10 minutes)**

+ADDITIONAL SECTION *NOT ADMINISTED* IN SOUTH CAROLINA+

**12. ROLLER PLACEMENT (10 minutes)**

+ADDITIONAL SECTION *NOT ADMINISTED* IN SOUTH CAROLINA+

**13. FINGERWAVING AND PIN CURL PLACEMENT –  
SKIP WAVE (10 minutes)**

+ADDITIONAL SECTION *NOT ADMINISTED* IN SOUTH CAROLINA+



**14. BASIC FACIAL (20 minutes)**

+ADDITIONAL SECTION *ADMINISTERED* IN SOUTH CAROLINA+

**Proctor – Verbal Instructions for Set Up:** Read to all candidates:

*"You have 2 minutes to set up the supplies for the basic facial section of this examination. Please do not begin any procedures until the verbal instructions have been read and you are instructed to begin."*

*"Turn the hand toward the examiner to indicate you have finished."*

*"You may begin set up."*

**Proctor – Verbal Instructions:** Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section of the examination, we will now proceed."*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have stepped back:

*"Please stop working."*

**Proctor – Verbal Instructions:** Read to all candidates:

*"You will perform a basic facial."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will have 20 minutes to complete this section."*

*"You will be informed when you have 10 minutes remaining."*

*"Step back to indicate you have finished."*

(1) *"The instructions will be repeated."*

(2) *"You may begin."*

**Candidates will be evaluated on the following tasks:**

- 14.1 Basic facial supplies are labeled in English**  
(If original manufacturer's label is present, it must have English and may be multi-language, any other created label must be only English)
- 14.2 Implements and supplies are visibly clean**
- 14.3 Cleanses eye area completely**
- 14.4 Cleanses lips completely**
- 14.5 Distributes cleanser over face**
- 14.6 Removes residual makeup and cleanser**
- 14.7 Applies toner/astringent**
- 14.8 Applies exfoliating product over face and manipulates with implement or material excluding eyes and mouth**



## NIC NATIONAL COSMETOLOGY PRACTICAL EXAMINATION CIB

### *NIC Cosmetology Practical Examination – Basic Facial (continued)*

- 14.9 Steam towel is applied and removed
- 14.10 Removes residual product
- 14.11 Distributes massage product over face
- 14.12 Demonstrates effleurage movement
- 14.13 Demonstrates petrissage movement
- 14.14 Demonstrates tapotement movement
- 14.15 Demonstrates friction movement
- 14.16 Removes residual massage product
- 14.17 Applies toner/astringent
- 14.18 Applies moisturizer
- 14.19 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*“All candidates have indicated they have completed this section of the examination, we will now proceed.”*

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

*“Please stop working.”*

## **15. HAIR REMOVAL OF THE EYEBROWS BY TWEEZING AND USING SIMULATED SOFT WAX (Untimed)**

+ADDITIONAL SECTION *ADMINISTERED* IN SOUTH CAROLINA+

Proctor – Verbal Instructions for Set Up: Read to all candidates:

*“You have 2 minutes to set up the supplies for the hair removal of the eyebrows by tweezing and using simulated soft wax section of this examination. Please do not begin any procedures until the verbal instructions have been read and you are instructed to begin.”*

*“Step back to indicate you have finished.”*

*“You may begin set up.”*

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*“All candidates have indicated they have completed this section of the examination, we will now proceed.”*

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

*“Please stop working.”*

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## NIC NATIONAL COSMETOLOGY PRACTICAL EXAMINATION CIB

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### *NIC Cosmetology Practical Examination – Hair Removal of the Eyebrows by using Tweezing and Simulated Soft Wax (continued)*

Proctor – Verbal Instructions: Read to all candidates:

*"You will perform hair removal of the eyebrows by tweezing and using simulated soft wax."*

*"You will demonstrate hair removal from one eyebrow by tweezing."*

*"You will demonstrate hair removal from the other eyebrow using simulated soft wax."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will be instructed individually by the examiner to demonstrate the tweezing and soft wax procedures."*

*"This is an untimed section."*

*"Do not begin to demonstrate the tweezing and soft wax procedures until instructed individually by the examiner to do so."*

*(1) "The instructions will be repeated."*

Candidates will be evaluated on the following tasks:

**15.1 Hair removal supplies are labeled in English**

(If original manufacturer's label is present, it must have English and may be multi-language, any other created label must be only English)

**15.2 Implements and supplies are visibly clean**

### **HAIR REMOVAL OF EYEBROWS – TWEEZING**

Examiner – Verbal Instructions: Read to each candidate individually:

*"Please demonstrate hair removal of the eyebrow by tweezing."*

**15.3 Candidate wears gloves**

**15.4 Applies antiseptic to eyebrow area**

**15.5 Holds skin taut (without slack)**

**15.6 Demonstrates tweezing of hair in direction of hair growth**

**15.7 Applies antiseptic to treated area**

### **HAIR REMOVAL OF EYEBROWS - SIMULATED SOFT WAX**

Examiner – Verbal Instructions: Read to each candidate individually:

*"Please demonstrate hair removal of the eyebrow using simulated soft wax."*

**15.8 Applies antiseptic to eyebrow area**

**15.9 Uses absorbent material or product to dry eyebrow area**

**15.10 Tests temperature of simulated wax product on wrist**

**15.11 Applies simulated soft wax product along entire length of eyebrow in direction of hair growth**

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## NIC NATIONAL COSMETOLOGY PRACTICAL EXAMINATION CIB

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*NIC Cosmetology Practical Examination – Hair Removal of the Eyebrows by using Tweezing and Simulated Soft Wax (continued)*

- 15.12 Smooths wax strip over simulated wax product
- 15.13 Holds skin taut (without slack)
- 15.14 Removes wax strip in opposite direction of hair growth
- 15.15 Applies antiseptic to treated area
- 15.16 Applies post-epilation product to treated area

Examiner – Verbal Instructions: Read to candidate individually after assessment:  
*"Please do nothing until the next verbal instructions are given."*

- 15.17 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

Proctor – Verbal Instructions: Read to candidates when all examiners have indicated they have completed their assessment:

*"All examiners have indicated they are ready to proceed."*

### 16. HAIR REMOVAL OF THE UPPER LIP USING HARD WAX (Untimed)

+ADDITIONAL SECTION ADMINISTERED IN SOUTH CAROLINA+

Proctor – Verbal Instructions for Set Up: Read to all candidates:

*"You have 2 minutes to set up the supplies for the hair removal of the upper lip using hard wax section of this examination. Please do not begin any procedures until the verbal instructions have been read and you are instructed to begin."*

*"Step back to indicate you have finished."*

*"You may begin set up."*

Proctor – Verbal Instructions: Read if all candidates have stepped back to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section of the examination, we will now proceed."*

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have stepped back:

*"Please stop working."*



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## NIC NATIONAL COSMETOLOGY PRACTICAL EXAMINATION CIB

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### *NIC Cosmetology Practical Examination – Hair Removal of the Upper Lip using Hard Wax (continued)*

**Proctor – Verbal Instructions:** Read to all candidates:

*"You will perform hair removal of the upper lip using hard wax."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will be instructed individually by the examiner to demonstrate the hard wax procedure."*

*"This is an untimed section."*

*"Do not begin to demonstrate the hard wax procedure until instructed individually by the examiner to do so."*

*(1) "The instructions will be repeated."*

**Candidates will be evaluated on the following tasks:**

**16.1 Hair removal supplies are labeled in English**

(If original manufacturer's label is present, it must have English and may be multi-language, any other created label must be only English)

**16.2 Implements and supplies are visibly clean**

**Examiner – Verbal Instructions:** Read to each candidate individually:

*"Please demonstrate hair removal of the upper lip using hard wax."*

**16.3 Candidate wears gloves**

**16.4 Cleanse area to be waxed**

**16.5 Uses absorbent material or product to dry area to be waxed**

**16.6 Tests temperature of hard wax product on wrist**

**16.7 Applies hard wax along upper lip area**

**16.8 Holds skin taut (without slack)**

**16.9 Removes hard wax**

**16.10 Applies antiseptic to treated area**

**16.11 Applies post-epilation product to treated area**

**Examiner – Verbal Instructions:** Read to candidate individually after assessment:

*"Please do nothing until the next verbal instructions are given."*

**16.12 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read to candidates when all examiners have indicated they have completed their assessment:

*"All examiners have indicated they are ready to proceed."*



**17. FACIAL MAKEUP APPLICATION (20 minutes)**  
+ADDITIONAL SECTION *NOT ADMINISTERED* IN SOUTH CAROLINA+

**18. MANICURE AND POLISH APPLICATION (20 minutes)**  
+ADDITIONAL SECTION *ADMINISTERED* IN SOUTH CAROLINA+

Proctor – Verbal Instructions for Set Up: Read to all candidates:

*"You have 2 minutes to set up the supplies for the manicure and polish application section of this examination. Please do not begin any procedures until the verbal instructions have been read and you are instructed to begin."*

*"Turn the hand to indicate you have finished."*

*"You may begin set up."*

Proctor – Verbal Instructions: Read if all candidates have turned the hand to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section of the examination, we will now proceed."*

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have turned the hand:

*"Please stop working."*

Proctor – Verbal Instructions: Read to all candidates:

*"You will perform a manicure and polish application."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will have 20 minutes to complete this section."*

*"You will be informed when you have 10 minutes remaining."*

*"Turn the hand toward the examiner to indicate you have finished."*

(1) *"The instructions will be repeated."*

(2) *"You may begin."*

Candidates will be evaluated on the following tasks:

- 18.1 **Manicure and polish supplies are labeled in English** (If original manufacturer's label is present, it must have English and may be multi-language, any other created label must be only English)
- 18.2 **Implements and supplies are visibly clean**
- 18.3 **Sanitizes hand to be manicured with product labeled in English** (manufacturer's label)

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## NIC NATIONAL COSMETOLOGY PRACTICAL EXAMINATION CIB

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### *NIC Cosmetology Practical Examination –Manicure and Polish Application (continued)*

- 18.4 Shapes free edges to establish uniform length and shape
- 18.5 Immerses all fingernails in bowl of water
- 18.6 Applies cuticle remover
- 18.7 Pushes back cuticles
- 18.8 Cleans under free edges
- 18.9 Brushes or wipes nails to remove product or remaining debris
- 18.10 Buffs nails
- 18.11 Applies cuticle oil
- 18.12 Applies massage product
- 18.13 Performs massage on the fingers, top and palm of the hand demonstrating at LEAST 2 different types of massage movements
- 18.14 Cleanses each nail plate with appropriate solution  
(i.e., nail dehydrator, alcohol, nail prep solution)
- 18.15 Applies base coat to cover entire nail plate
- 18.16 Applies red polish to cover entire nail plate
- 18.17 Applies top coat to cover entire nail plate

Proctor – Verbal Instructions: Read if all candidates have turned the hand to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section. Please wait until the next verbal instructions are given."*

Proctor – Verbal Instructions: Read if the timer goes off before all candidates have turned the hand:

*"Please stop working. Please wait until the next verbal instructions are given."*

- 18.18 Final appearance of polish is smooth and even
- 18.19 Nail plate is entirely covered with red polish
- 18.20 Cuticle and surrounding skin are free of polish and free of injury

Examiner – Verbal Instructions: Read to candidate individually after assessment:  
*"Please do nothing until further instructions are given."*

Proctor – Verbal Instructions: Read to all candidates:

*"All examiners have indicated they are ready to proceed with the examination."*

*"You will have 5 minutes to remove the polish from all nails and properly dispose of supplies used in the previous section of the examination."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will be informed when you have 2 minutes remaining."*

*"Turn the hand toward the examiner to indicate you have finished."*

- (1) *"The instructions will be repeated."*
- (2) *"You may begin."*

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## NIC NATIONAL COSMETOLOGY PRACTICAL EXAMINATION CIB

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### *NIC Cosmetology Practical Examination –Manicure and Polish Application (continued)*

Candidates will be evaluated on the following tasks:

**18.21 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read if all candidates have turned the hand to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section of the examination, we will now proceed."*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have turned the hand:

*"Please stop working."*

## **19. NAIL TIP APPLICATION AND BLENDING (20 minutes)**

+ADDITIONAL SECTION *ADMINISTERED* IN SOUTH CAROLINA+

**Proctor – Verbal Instructions for Set Up:** Read to all candidates:

*"You have 2 minutes to set up the supplies for the nail tip application and blending section of this examination. Please do not begin any procedures until the verbal instructions have been read and you are instructed to begin."*

*"Turn the hand toward the examiner to indicate you have finished."*

*"You may begin set up."*

**Proctor – Verbal Instructions:** Read if all candidates have turned the hand to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section of the examination, we will now proceed."*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have turned the hand:

*"Please stop working."*

**Proctor – Verbal Instructions:** Read to all candidates:

(Proctor will choose the finger, which the nail tip application and blending will be performed)

*"You will perform nail tip application and blending."*

*"Apply the nail tip to the \_\_\_\_\_ finger."*

*"You will be expected to follow all client protection, safety and infection control procedures."*

*"You will have 20 minutes to complete this section."*



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## NIC NATIONAL COSMETOLOGY PRACTICAL EXAMINATION CIB

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*"You will be informed when you have 10 minutes remaining."*

*"Turn the hand toward the examiner to indicate you have finished."*

(1) *"The instructions will be repeated."*

(2) *"You may begin."*

**Candidates will be evaluated on the following tasks:**

- 19.1 Nail tip application and blending supplies are labeled in English**  
(If original manufacturer's label is present, it must have English and may be multi-language. Any other created label must be only English.)
- 19.2 Implements and supplies are visibly clean**
- 19.3 Sanitizes mannequin hand with product labeled in English**  
(manufacturer's label)
- 19.4 Removes residual nail polish from nail plate with appropriate solution**
- 19.5 Removes shine from nail plate**
- 19.6 Removes dust from nail plate**
- 19.7 Applies nail dehydrator product to nail plate**
- 19.8 Selects full-well tip and attaches to nail plate of assigned finger**
- 19.9 Trims and shapes nail tip**
- 19.10 Blends and finishes nail tip**

**Proctor – Verbal Instructions:** Read if all candidates have turned the hand to indicate they have completed the section before timing has elapsed:

*"All candidates have indicated they have completed this section. Please wait until the next verbal instructions are given."*

**Proctor – Verbal Instructions:** Read if the timer goes off before all candidates have turned the hand:

*"Please stop working. Please wait until the next verbal instructions are given."*

- 19.11 Result of tip selection and application**
- 19.12 Cuticle and surrounding skin are free of adhesive**  
(cuticle, surrounding skin, hyponychium)
- 19.13 Appearance of finished nail tip**

**Examiner – Verbal Instructions:** Read to candidate individually after assessment:

*"Please do nothing until further instructions are given."*

- 19.14 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section**

**Proctor – Verbal Instructions:** Read to candidates when all examiners have indicated they have completed their assessment.

*"All examiners have indicated they are ready to proceed."*

**20. SCULPTURED NAIL (20 minutes)**

+ADDITIONAL SECTION *NOT ADMINISTED* IN SOUTH CAROLINA+

**CANDIDATE CLEANUP AND FINAL SUMMARY**

**Proctor – Verbal Instructions:** Read to all candidates at the conclusion of the examination:

*"All examiners have indicated they have completed their assessment."*

*"Make sure that all kit supplies and disposable materials are taken with you."*

*"This concludes the National-Interstate Council of State Boards of Cosmetology, National Cosmetology Practical Examination."*

*"Thank you for your participation"*

## TEST I: MULTIPLE CHOICE TEST

*Directions: Carefully read each statement. Circle the word or phrase that correctly completes the statement.*

1. Kosmetikos is a Greek word meaning \_\_\_\_\_.
  - a) Skilled in haircare
  - b) Skilled in the study of cosmetics
  - c) Licensed cosmetologist
  - d) Licensed barber
2. In ancient cultures, the practice of self-grooming and appearance enhancement was allied with the practice of \_\_\_\_\_.
  - a) Dentistry
  - b) Medicine
  - c) Barbers
  - d) Priests
3. The two types of goals are \_\_\_\_\_.
  - a) Daily and yearly
  - b) Short-term and life
  - c) Daily and long-term
  - d) Short-term and long-term
4. Comfortable well-fitted shoes should have \_\_\_\_\_.
  - a) Low heels
  - b) Chunky heels
  - c) Narrow heels
  - d) Pointed toes



5. Verbal communication with a client to determine desired results is \_\_\_\_\_.
- a) Clarification
  - b) Communication
  - c) Client consultation
  - d) Reflective listening
6. An agency created as part of the Department of Labor to regulate and enforce safety and health standards to protect the employee in the workplace is \_\_\_\_\_.
- a) MSDS
  - b) OSHA
  - c) State Board
  - d) EPA
7. An infectious microorganism capable of infesting almost all plants and animals is \_\_\_\_\_.
- a) Bacteria
  - b) Virus
  - c) Toxin
  - d) Parasite
8. Bacteria that are completely harmless and do not cause disease are \_\_\_\_\_.
- a) Microbes
  - b) Germs
  - c) Nonpathogenic
  - d) Pathogenic
9. The virus that causes AIDS is \_\_\_\_\_.
- a) EPA
  - b) MSD
  - c) HIV
  - d) QUATS

10. Agents that are formulated for use on skin are \_\_\_\_\_.
- a) Disinfectants
  - b) Antiseptics
  - c) Sterilizers
  - d) Sanitizers
11. \_\_\_\_\_ acts like a balloon to contain the protoplasm.
- a) Cell membrane
  - b) Cytoplasm
  - c) Metabolism
  - d) Anabolism
12. The physical foundation of the body is the \_\_\_\_\_ system.
- a) Muscular
  - b) Skeletal
  - c) Circulatory
  - d) Nervous
13. The sides of the head in the ear region is formed by the \_\_\_\_\_.
- a) Parietal bone
  - b) Occipital bone
  - c) Frontal bone
  - d) Temporal bone
14. The uppermost and largest bone of the arm is the \_\_\_\_\_.
- a) Ulna
  - b) Radius
  - c) Carpus
  - d) Humerus

15. The tendon that connects the occipitalis and the frontalis is the \_\_\_\_\_.
- a) Aponeurosis
  - b) Epicranius
  - c) Masseter
  - d) Platysma
16. The \_\_\_\_\_ nerve affects the skin of the forehead, scalp, eyebrow, and upper eyelid.
- a) Infratrochlear
  - b) Auriculotemporal
  - c) Infraorbital
  - d) Superorbital
17. The \_\_\_\_\_ is also called the gastrointestinal system and is responsible for breaking down food into nutrients and waste.
- a) Endocrine
  - b) Digestive
  - c) Excretory
  - d) Respiratory
18. The basal cell layer, composed of several layers of different shaped cells, is the \_\_\_\_\_.
- a) Stratum lucidum
  - b) Stratum granulosum
  - c) Stratum corneum
  - d) Stratum germinativum
19. What controls the excretion of sweat? \_\_\_\_\_
- a) Circulatory system
  - b) Respiratory system
  - c) Nervous system
  - d) Excretory system



20. Vitamin \_\_\_\_\_ is an antioxidant that can help prevent certain types of cancers.

- a) A
- b) B
- c) C
- d) D

21. \_\_\_\_\_ supplies nutrients and oxygen to the skin.

- a) Lymph
- b) Blood
- c) Nerves
- d) Sweat

22. The nail bed is supplied with many nerves and is attached to the nail plate by a thin layer of tissue called the \_\_\_\_\_.

- a) Hyponychium
- b) Epoinichium
- c) Bed epithelium
- d) Nail grooves

23. The \_\_\_\_\_ is the living skin at the base of the nail plate covering the matrix area.

- a) Hyponychium
- b) Epoinichium
- c) Bed epithelium
- d) Nail grooves

24. The hardened keratin plate covering the nail bed is the \_\_\_\_\_.

- a) Nail groove
- b) Nail fold
- c) Nail plate
- d) Nail bed

25. A mature strand of human hair is divided into two parts: the root and the \_\_\_\_\_.
- a) Hair bulb
  - b) Dermal papilla
  - c) Follicle
  - d) Hair shaft
26. A chemical side bond that is very different from the physical bond of hydrogen or salt bonds is a \_\_\_\_\_ bond.
- a) Cysteine
  - b) Side
  - c) Disulfide
  - d) Hydrogen
27. The growth phase of the hair is the \_\_\_\_\_ phase.
- a) Anagen
  - b) Catagen
  - c) Telogen
  - d) Vellus
28. The medical term for dandruff is \_\_\_\_\_.
- a) Hypertrichosis
  - b) Monilet
  - c) Canities
  - d) Pityriasis
29. \_\_\_\_\_ is a condition of abnormal growth of hair.
- a) Hypertrichosis
  - b) Trichoptilosis
  - c) Trichorrhesis nodosa
  - d) Fragilitas crinium

30. A \_\_\_\_\_ is a stable mixture of two or mixable substances.
- a) Solute
  - b) Solution
  - c) Solvent
  - d) Suspension
31. A sweet, colorless, oily substance is \_\_\_\_\_.
- a) Ammonia
  - b) Glycerin
  - c) Alkanolamines
  - d) Compound
32. A chemical reaction that easily transmits heat is called \_\_\_\_\_.
- a) Oxidation
  - b) Combustion
  - c) Exothermic
  - d) Endothermic
33. A/an \_\_\_\_\_ is any substance that conducts electricity.
- a) Current
  - b) Conductor
  - c) Insulator
  - d) Circuit
34. A unit that measures the strength of an electric current is a/an \_\_\_\_\_.
- a) Volt
  - b) Amp
  - c) Ohm
  - d) Watt



35. The \_\_\_\_\_ current is a thermal or heat producing current with a high rate of oscillation or vibration.
- a) Galvanic
  - b) Faradic
  - c) Sinusoidal
  - d) Tesla-high frequency
36. \_\_\_\_\_ forces acidic substances into deeper tissues using galvanic current from the positive toward the negative poles.
- a) Cataphoresis
  - b) Anaphoresis
  - c) Iontophoresis
  - d) Disincrustation
37. Lines that are parallel to the floor are \_\_\_\_\_.
- a) Vertical
  - b) Horizontal
  - c) Diagonal
  - d) Curved
38. Curved lines used to soften and blend horizontal or vertical lines are known as \_\_\_\_\_.
- a) Single line
  - b) Transitional line
  - c) Contrasting line
  - d) Repeating line
39. The five principles of hair design are proportion, rhythm, emphasis, harmony, and \_\_\_\_\_.
- a) Symmetry
  - b) Asymmetry
  - c) Diagonal
  - d) Balance

40. Generally the ideal face shape is the \_\_\_\_\_ shape.
- a) Square
  - b) Triangle
  - c) Oval
  - d) Pear
41. The \_\_\_\_\_ part should be used to create width or height in a hairstyle.
- a) Triangular
  - b) Side
  - c) Zigzag
  - d) Diagonal
42. A process that lightens and colors hair in a single application is known as \_\_\_\_\_.
- a) Double-process haircoloring
  - b) Temporary rinsing
  - c) Virgin haircoloring
  - d) Single-process haircoloring
43. Haircolor that is mixed with a developer and remains in the hair shaft until the new growth of hair occurs is called \_\_\_\_\_.
- a) Temporary
  - b) Semipermanent
  - c) Demipermanent
  - d) Permanent
44. The cortex or middle layer of the hair gives strength and elasticity and contributes about \_\_\_\_\_ % to the overall strength of the hair.
- a) 10
  - b) 20
  - c) 50
  - d) 80

45. The free-form technique of hair painting is also called \_\_\_\_\_.
- a) Toning
  - b) Baliage
  - c) Brushing
  - d) Swabbing
46. The two methods of parting hair for a foil technique are \_\_\_\_\_.
- a) Slicing and striping
  - b) Weaving and striping
  - c) Slicing and threading
  - d) Slicing and weaving
47. The haircolor that partially penetrates the hair shaft and stains the cuticle layer, slowly fading with each shampoo is known as \_\_\_\_\_.
- a) Temporary
  - b) Semipermanent
  - c) Demipermanent
  - d) Permanent
48. An itchy, swollen lesion that lasts only a few hours is a \_\_\_\_\_.
- a) Tubercle
  - b) Wheal
  - c) Bulla
  - d) Macule
49. A skin condition caused by an inflammation of the sebaceous glands is \_\_\_\_\_.
- a) Asteatosis
  - b) Seborrheic dermatitis
  - c) Steatoma
  - d) Rosacea



50. An abnormal growth of skin is called \_\_\_\_\_ .
- a) Hypertrichosis
  - b) Hypertrophy
  - c) Kertoma
  - d) Callus
51. An abnormal brown or wine-colored skin discoloration with a circular and irregular shape is called a \_\_\_\_\_ .
- a) Macule
  - b) Skin tag
  - c) Mole
  - d) Stain
52. A fungal infection of the natural nail plate is \_\_\_\_\_ .
- a) Onychocryptosis
  - b) Onychia
  - c) Onychophagy
  - d) Onychomycosis
53. Severe inflammation of the nail in which a lump of red tissue grows up from the nail bed to the nail plate is a \_\_\_\_\_ .
- a) Plicatured nail
  - b) Pyogenic granuloma
  - c) Pincer nail
  - d) Tinea pedis
54. Noticeably thin, white nail plate that is more flexible than normal is a (e) \_\_\_\_\_ .
- a) Eggshell nail
  - b) Bruised nail
  - c) Melanonychia
  - d) Nail pterygium

55. The \_\_\_\_\_ is the highest point on the head.
- a) Occipital
  - b) Apex
  - c) Parietal ridge
  - d) Four corners
56. The tool used to remove bulk from the hair is called \_\_\_\_\_.
- a) Haircutting shear
  - b) Thinning shear
  - c) Clipper
  - d) Trimmers
57. A one length haircut is called a \_\_\_\_\_.
- a) Blunt cut
  - b) Graduate cut
  - c) Layered cut
  - d) Long layered cut
58. The process of thinning the hair to graduated lengths with shears is \_\_\_\_\_.
- a) Notching
  - b) Free-hand notching
  - c) Slithering
  - d) Point cutting
59. The process of shaping and directing the hair into an s pattern with the use of fingers, combs, and waving lotion is \_\_\_\_\_.
- a) Pincurls
  - b) Fingerwaves
  - c) Roller sets
  - d) Carved curls

60. A \_\_\_\_\_ curl permits medium movement.
- a) No stem
  - b) Half stem
  - c) Full stem
  - d) Over stem
61. \_\_\_\_\_ are used to create height in the hair design.
- a) Barrel curls
  - b) Carved curls
  - c) Cascade curls
  - d) Ridge curls
62. \_\_\_\_\_ brushes are used to speed up the blow drying process.
- a) Paddle
  - b) Vent
  - c) Round
  - d) Grooming
63. \_\_\_\_\_ adds considerable weight to the hair by causing strands to join together.
- a) Gel
  - b) Mousse
  - c) Pomade
  - d) Volumizer
64. \_\_\_\_\_ give a finished appearance to hair ends.
- a) End curls
  - b) Volume thermal curls
  - c) Volume base curls
  - d) Full base curls



65. A board of fine, upright nails through which human hair extensions are combed is a \_\_\_\_\_.
- a) Hackle
  - b) Drawing
  - c) Extension
  - d) Drafting
66. \_\_\_\_\_ are narrow rows of visible braids that lie close to the scalp.
- a) Cornrow
  - b) Single
  - c) Visible
  - d) Locks
67. Wigs that are constructed with a combination of synthetic hair and hand-tied human hair are \_\_\_\_\_.
- a) Hand-knotted
  - b) Semi-hand-tied
  - c) Machine made
  - d) Wefts
68. The removal of hair by means of an electric current that destroys the growth cell of the hair is \_\_\_\_\_.
- a) Photo-epilation
  - b) Electrolysis
  - c) Laser
  - d) Sugaring
69. A/an \_\_\_\_\_ removes the hair by removing it from the bottom of the follicle.
- a) Epilator
  - b) Depilatory
  - c) Tweezer
  - d) Thread

70. \_\_\_\_\_ bonds are chemical side bonds formed when the sulfur atoms in two adjacent protein chains are joined together.
- a) Disulfide
  - b) Salt
  - c) Hydrogen
  - d) Peptide
71. Perm rods that are equal in diameter along their entire length and produce a uniform curl along the entire width of the strand are \_\_\_\_\_.
- a) Concave rods
  - b) Straight rods
  - c) Soft bender rods
  - d) Loop rods
72. With a colorless liquid with a strong unpleasant odor, \_\_\_\_\_ is the most common reducing agent.
- a) Thioglycolic acid
  - b) Ammonium thioglycolate
  - c) Glyceryl monothioglycolate
  - d) True acid
73. The perm wrap where hair is wrapped at an angle other than perpendicular to the length of the rod, and produces a uniform curl from the scalp to the ends is the \_\_\_\_\_.
- a) Basic perm wrap
  - b) Curvature perm wrap
  - c) Bricklay wrap
  - d) Spiral wrap
74. \_\_\_\_\_ relaxers are usually advertised and sold as "no lye" relaxer, containing two components that must be mixed immediately prior to use.
- a) Metal hydroxide
  - b) Sodium hydroxide
  - c) Guanidine relaxer
  - d) Lithium hydroxide

75. Skin with obvious large pores with a shiny, thick appearance is \_\_\_\_\_.
- a) Oily skin
  - b) Dry skin
  - c) Combination
  - d) Acne
76. \_\_\_\_\_ are products that help remove excess dead cells from the skin surface.
- a) Toners
  - b) Cleansers
  - c) Enzyme peels
  - d) Exfoliants
77. \_\_\_\_\_ is a light, continuous stroking movement applied with the fingers or the palms in a slow rhythmic manner.
- a) Petrissage
  - b) Effleurage
  - c) Friction
  - d) Tapotement
78. A thicker and heavier type of foundation that contain more talc or pigment for heavier coverage are \_\_\_\_\_.
- a) Concealers
  - b) Powders
  - c) Base
  - d) Blush
79. The complimentary color for green eyes is \_\_\_\_\_.
- a) Blue
  - b) Red
  - c) Yellow
  - d) Green



85. A product containing softening agents or oils to penetrate dry, flaky skin and calluses that need to be smoothed during a pedicure is \_\_\_\_\_.
- a) Abrasive scrub
  - b) Callus softener
  - c) Paraffin wax
  - d) Foot soak
86. A \_\_\_\_\_ is used to exfoliate dry skin or smooth calluses.
- a) Nail file
  - b) Nail rasp
  - c) Foot file
  - d) Nippers
87. \_\_\_\_\_ is a closely woven, heavy material that is opaque, even after adhesive is applied:
- a) Silk
  - b) Fiberglas
  - c) Fabric
  - d) Linen
88. Nail wraps are rebalanced with resin and new fabric after \_\_\_\_\_ weeks.
- a) Two
  - b) Three
  - c) Four
  - d) Five
89. Nail \_\_\_\_\_ removes surface moisture and tiny amounts of oil left on the natural nail.
- a) Primer
  - b) Dehydrator
  - c) Adhesive
  - d) Abrasive

90. When you have \_\_\_\_\_, you are committed to a strong code of moral and artistic value.
- a) Motivation
  - b) Integrity
  - c) Work ethic
  - d) Enthusiasm
91. A chain of five or more salons owned by one individual or two or more partners is called a/an \_\_\_\_\_.
- a) Small independent salon
  - b) Independent chain salon
  - c) Large national salon chain
  - d) Franchise salon
92. When you interview for a job be sure and \_\_\_\_\_.
- a) Be late
  - b) Project a warm smile
  - c) Smoke and/or chew gum
  - d) Lean on the interviewer's desk
93. What type of insurance should you purchase when opening your own business?  
\_\_\_\_\_
- a) Life
  - b) Health
  - c) Malpractice
  - d) Death
94. The very best form of advertising is \_\_\_\_\_.
- a) A satisfied client
  - b) Radio
  - c) Television
  - d) Internet

95. \_\_\_\_\_ is a chemical mixture of concentrated protein and is used to provide treatment when an equal degree of moisturizing and protein is required.
- a) Conditioner
  - b) Deep conditioner
  - c) Instant conditioner
  - d) Moisturizing conditioner
96. \_\_\_\_\_ is rain water or chemically treated water that allows the soap and shampoo to lather freely.
- a) Soft water
  - b) Hard water
  - c) Acidic water
  - d) Alkaline water
97. A \_\_\_\_\_ shampoo contain special chemicals or drugs that are very effective in reducing excessive dandruff.
- a) Acid balanced
  - b) Color-enhancing
  - c) Medicated
  - d) Dry/powder
98. \_\_\_\_\_, usually found in a cream base, are used to soften and improve the health of the scalp.
- a) Spray on thermal protectors
  - b) Scalp conditioners
  - c) Medicated scalp lotions
  - d) Scalp astringent lotions
99. A change in the physical properties of a substance without the formation of a new substance is \_\_\_\_\_.
- a) A chemical change
  - b) A physical change
  - c) A chemical reaction
  - d) The result of chemical reaction



100. A rate of nail growth of  $\frac{1}{8}$  inch per month is average for \_\_\_\_\_.

- a) Infants
- b) Children
- c) Elderly persons
- d) Normal adult

101. To fill in sparse areas of the eyebrows, use \_\_\_\_\_.

- a) Mascara
- b) Eye shadow
- c) Eyebrow color
- d) Liquid eyeliner

## TEST II: MULTIPLE CHOICE TEST

*Directions: Carefully read each statement. Circle the word or phrase that correctly completes the statement.*

1. The first culture to cultivate beauty in an extravagant fashion were the \_\_\_\_\_.
  - a) Greeks
  - b) Romans
  - c) English
  - d) Egyptians
2. As long ago as 3000 BC, nail care was practiced in \_\_\_\_\_.
  - a) Europe and America
  - b) Asia and India
  - c) Egypt and China
  - d) China and Europe
3. When designing a time management system, make sure it will work for \_\_\_\_\_.
  - a) Yourself
  - b) Instructor
  - c) Family
  - d) Friends
4. A person's physical posture, walk and movements is known as \_\_\_\_\_.
  - a) Ergonomics
  - b) Personal hygiene
  - c) Physical presentation
  - d) Professional image

5. Listening to a client and then repeating, in your own words, what you think the client said is \_\_\_\_\_.
- a) Clarification
  - b) Communication
  - c) Client consultation
  - d) Reflective listening
6. An agency that exists to protect the consumers' health, safety, and welfare while receiving services in the salon is the \_\_\_\_\_.
- a) MSDS
  - b) OSHA
  - c) State Board
  - d) EPA
7. \_\_\_\_\_ are one-celled microorganisms with both plant and animal characteristics.
- a) Bacteria
  - b) Fungus
  - c) Virus
  - d) Toxins
8. A disease that is communicable or easily spread by contact is a/an \_\_\_\_\_.
- a) Contaminant
  - b) Contagious disease
  - c) Infection
  - d) Allergy
9. A powerful disinfectant that has a very high pH and can cause damage to the skin and eyes is a/an \_\_\_\_\_.
- a) Phenolics
  - b) Alcohol
  - c) Household bleach
  - d) Fumigant

10. The study of the functions and activities performed by the body structures is \_\_\_\_\_.
- a) Anatomy
  - b) Physiology
  - c) Histology
  - d) Biology
11. A chemical process that takes place in living organisms where cells are nourished and carry out their activities is \_\_\_\_\_.
- a) Cell membrane
  - b) Cytoplasm
  - c) Metabolism
  - d) Anabolism
12. The hindmost bone of the skull is the \_\_\_\_\_.
- a) Parietal bone
  - b) Occipital bone
  - c) Frontal bone
  - d) Temporal bone
13. The large, flat, triangular bone of the shoulder is the \_\_\_\_\_ bone.
- a) Thorax
  - b) Scapula
  - c) Hyoid
  - d) Sternum
14. The bones in the palm of the hand are the \_\_\_\_\_.
- a) Metacarpus
  - b) Carpus
  - c) Phalanges
  - d) Radius



15. The muscle of the neck that lowers and rotates the head is the \_\_\_\_\_.
- a) Auricularis posterior
  - b) Auricularis anterior
  - c) Sternocleidomastoideus
  - d) Orbicularis oculi
16. The \_\_\_\_\_ nerve with its branches affects the little finger side of the arm and palm of the hand.
- a) Median
  - b) Ulnar
  - c) Radial
  - d) Digital
17. The study of the structure, function, and disease of the muscles is \_\_\_\_\_.
- a) Myology
  - b) Biology
  - c) Physiology
  - d) Neurology
18. The outermost layer of the skin is the \_\_\_\_\_.
- a) Subcutaneous
  - b) Dermis
  - c) Adipose
  - d) Epidermis
19. A fatty layer found below the dermis is the \_\_\_\_\_.
- a) Subcutaneous tissue
  - b) Dermis
  - c) Epidermis
  - d) True skin

20. The best source for vitamin \_\_\_\_\_ is the sunlight.
- a) A
  - b) B
  - c) C
  - d) D
21. Drinking pure water sustains the health of the cells, aids in the elimination of toxins and waste, helps regulate body temperature, and aids in proper \_\_\_\_\_.
- a) Metabolism
  - b) Congestion
  - c) Digestion
  - d) Respiration
22. The nail is an appendage of the skin and is part of the \_\_\_\_\_.
- a) Integumentary system
  - b) Skeletal system
  - c) Muscular system
  - d) Nervous system
23. \_\_\_\_\_ is a tough band of fibrous tissue that connects bones or holds an organ in place.
- a) Hyponychium
  - b) Ligament
  - c) Matrix
  - d) Cuticle
24. Portion of the skin that supports the nail plate as it grows toward the free edge.
- \_\_\_\_\_
- a) Nail groove
  - b) Nail fold
  - c) Nail plate
  - d) Nail bed

25. The lowest area or part of the hair strand is the \_\_\_\_\_.
- a) Hair bulb
  - b) Dermal papilla
  - c) Follicle
  - d) Hair shaft
26. A weak physical side bond that is easily broken by water or heat is a \_\_\_\_\_ bond.
- a) Cysteine
  - b) Side
  - c) Disulfide
  - d) Hydrogen
27. Hair loss that is characterized by the sudden falling out of hair in round patches or baldness in spots is \_\_\_\_\_.
- a) Postpartum alopecia
  - b) Alopecia areata
  - c) Alopecia
  - d) Androgenic alopecia
28. A type of fungal infection characterized by red papules or spots at the opening of the hair follicles is \_\_\_\_\_.
- a) Tinea favosa
  - b) Tinea capitis
  - c) Scabies
  - d) Pediculosis capitis
29. \_\_\_\_\_ is the technical term for brittle hair.
- a) Hypertrichosis
  - b) Trichoptilosis
  - c) Trichorrhexis nodosa
  - d) Fragilitas crinium

30. A \_\_\_\_\_ is an unstable mixture of undissolved particles in a liquid.
- a) Solute
  - b) Solution
  - c) Solvent
  - d) Suspension
31. \_\_\_\_\_ has a pH below 7 and contract and harden the hair.
- a) Acid
  - b) Alkalies
  - c) Oxidizer
  - d) Base
32. The rapid oxidation of substance, accompanied by the production of heat and light is \_\_\_\_\_.
- a) Oxidation
  - b) Combustion
  - c) Exothermic
  - d) Endothermic
33. A substance that does not easily transmit electricity is a/an \_\_\_\_\_.
- a) Current
  - b) Conductor
  - c) Insulator
  - d) Circuit
34. An applicator for directing the electric current from the machine to the client's skin is a/an \_\_\_\_\_.
- a) Cathode
  - b) Polarity
  - c) Electrode
  - d) Anode



35. The process of introducing water-soluble products into the skin with the use of electric current is \_\_\_\_\_.
- a) Cataphoresis
  - b) Anaphoresis
  - c) Iontophoresis
  - d) Disincrustation
36. The outline or silhouette of a hairstyle is known as the \_\_\_\_\_.
- a) Line
  - b) Design
  - c) Form
  - d) Space
37. Lines positioned between horizontal and vertical are \_\_\_\_\_.
- a) Vertical
  - b) Horizontal
  - c) Diagonal
  - d) Curved
38. Lighter and warmer colors are used to create the illusion of \_\_\_\_\_.
- a) Repetition
  - b) Closeness
  - c) Volume
  - d) Width
39. The pattern that creates movement in a hairstyle is known as \_\_\_\_\_.
- a) Balance
  - b) Rhythm
  - c) Harmony
  - d) Emphasis

40. The profile which has a receding forehead and chin is called the \_\_\_\_\_.
- a) Convex
  - b) Concave
  - c) Curved
  - d) Straight
41. A system for understanding the relationships of color is called \_\_\_\_\_.
- a) The Law of Color
  - b) The level system
  - c) The color wheel
  - d) Primary color system
42. An example of a natural or vegetable haircolor obtained from the leaves or bark of plants is \_\_\_\_\_.
- a) Tint
  - b) Toner
  - c) Metallic
  - d) Henna
43. Colors achieved by mixing equal parts of two primary colors are called \_\_\_\_\_.
- a) Secondary
  - b) Tertiary
  - c) Complementary
  - d) Neutral
44. The melanin found in red hair is known as \_\_\_\_\_.
- a) Pheomelanin
  - b) Eumelanin
  - c) Euromelanin
  - d) Neomelanin

45. The measure of the potential oxidation of varying strengths of hydrogen peroxide is \_\_\_\_\_.

- a) Density
- b) Value
- c) Volume
- d) Percentage

46. The process of treating gray or very resistant hair to allow for better penetration of color is known as \_\_\_\_\_.

- a) Presoftening
- b) Prelightening
- c) Activating
- d) Accelerating

47. What are the three types of lighteners? \_\_\_\_\_

- a) Cream, paste, powder
- b) Cream, paste, oil
- c) Oil, cream, powder
- d) Oil, paste, powder

48. An abnormal rounded, solid lump above, within or under the skin that is larger than a papule is a \_\_\_\_\_.

- a) Tubercle
- b) Wheal
- c) Bulla
- d) Macule

49. A skin disease characterized by red patches, covered with silver white scales is \_\_\_\_\_.

- a) Dermatitis
- b) Exzema
- c) Psoriasis
- d) Herpes simplex

50. Foul-smelling perspiration is called \_\_\_\_\_.

- a) Anhidrosis
- b) Bromhidrosis
- c) Hypertrichosis
- d) Chloasma

51. A healthy nail appears slightly \_\_\_\_\_ in color.

- a) Yellow
- b) Pink
- c) Blue
- d) Purple

52. The lifting of the nail plate from the nail bed, without shedding, is \_\_\_\_\_.

- a) Onychophagy
- b) Onychorrhaxis
- c) Onycholysis
- d) Onychocryptosis

53. The medical term for fungal infections of the feet is \_\_\_\_\_.

- a) Plicatured nail
- b) Pyogenic granuloma
- c) Pincer nail
- d) Tinea pedis

54. Visible depressions running across the width of the natural nail plate are \_\_\_\_\_.

- a) Ridges
- b) Leukonychia
- c) Melanonychia
- d) Beau's lines



55. The area between the apex and back of the parietal ridge is the \_\_\_\_\_.
- a) Crown
  - b) Nape
  - c) Bang
  - d) Crest
56. A styling or cutting comb is called a/an \_\_\_\_\_ comb.
- a) All purpose
  - b) Barber
  - c) Tint
  - d) Wide-tooth
57. A \_\_\_\_\_ is a graduated effect achieved by cutting the hair with elevation or overdirection.
- a) Blunt cut
  - b) Graduate cut
  - c) Layered cut
  - d) Long layered cut
58. A technique that removes bulk and adds movement through the lengths of the hair is \_\_\_\_\_.
- a) Carving
  - b) Slicing
  - c) Notching
  - d) Point cutting
59. The stationary foundation of a pin curl is the closest to the scalp \_\_\_\_\_.
- a) Base
  - b) Stem
  - c) Circle
  - d) Curl

60. \_\_\_\_\_ base pin curls are recommended along the front or facial hairline to prevent breaks or splits in the finished hairstyle.
- a) Rectangular
  - b) Triangular
  - c) Arc
  - d) Square
61. For the least volume, the \_\_\_\_\_ roller sits completely off the base.
- a) On base
  - b) Half base
  - c) Full base
  - d) Off base
62. \_\_\_\_\_ brushes are well suited for mid to longer length hair.
- a) Paddle
  - b) Vent
  - c) Round
  - d) Grooming
63. \_\_\_\_\_ irons have straight edges used to create smooth, straight styles.
- a) Curling
  - b) Flat
  - c) Thermal
  - d) Electrical
64. \_\_\_\_\_ provide a strong curl with full volume.
- a) Full base curls
  - b) Half base curls
  - c) Off base curls
  - d) Finished curls

65. A \_\_\_\_\_ braid is a three-strand braid that employs the underhand technique.
- a) Invisible
  - b) Visible
  - c) Fish tail
  - d) Rope
66. \_\_\_\_\_ wigs are constructed with an elasticized mesh fiber base to which the hair is attached.
- a) Cap
  - b) Capless
  - c) Wefts
  - d) Hand-tied
67. A simple quick stitch used to secure the entire length of the weft to the track is \_\_\_\_\_.
- a) Lock stitch
  - b) Double lock stitch
  - c) Overcast stitch
  - d) Single stitch
68. \_\_\_\_\_ uses intense light to destroy the growth cells of the hair follicles.
- a) Photo-epilation
  - b) Electrolysis
  - c) Laser
  - d) Sugaring
69. A temporary hair removal method that is practiced in many Eastern cultures \_\_\_\_\_.
- a) Shaving
  - b) Waxing
  - c) Tweezing
  - d) Threading

70. \_\_\_\_\_ hair is the most common hair texture and does not pose any special problems in chemical hair texture services.
- a) Coarse
  - b) Medium
  - c) Fine
  - d) Thick
71. The \_\_\_\_\_ end wrap uses one end paper folded in half over the hair ends like an envelope.
- a) Double flat wrap
  - b) Single flat wrap
  - c) Bookend wrap
  - d) Base section wrap
72. \_\_\_\_\_ is a chemical reaction that heats up the solution and speeds up processing.
- a) Endothermic
  - b) Exothermic
  - c) Acid-balanced
  - d) Alkaline
73. \_\_\_\_\_ permanently rearranges the structure of curly hair into a straighter or smoother form.
- a) Thermal pressing
  - b) Thermal waving
  - c) Chemical hair relaxing
  - d) Permanent waving
74. An \_\_\_\_\_ chemical reaction is one that absorbs heat from an outside source.
- a) Endothermic
  - b) Exothermic
  - c) Acid-balanced
  - d) Alkaline



75. \_\_\_\_\_ is a skin condition where dark blotches of color are most often caused by the sun or hormone imbalances.
- a) Hyperpigmentation
  - b) Dehydration
  - c) Rosacea
  - d) Sun-damaged
76. Masks most often used for oily and combination skin are \_\_\_\_\_.
- a) Clay masks
  - b) Gel masks
  - c) Alginate masks
  - d) Paraffin masks
77. \_\_\_\_\_ consists of short, quick tapping, slapping, and hacking movements.
- a) Petrissage
  - b) Effleurage
  - c) Friction
  - d) Tapotement
78. A cosmetic used to outline and emphasize the eyes is \_\_\_\_\_.
- a) Mascara
  - b) Eyeliner
  - c) Eyebrow pencils
  - d) Eye shadow
79. A jaw that is wider than the forehead characterizes the \_\_\_\_\_ face.
- a) Round
  - b) Square
  - c) Triangular
  - d) Inverted triangle

80. \_\_\_\_\_ eyes can be made to appear closer together by extending the eyebrow line to the inside corners of the eyes.
- a) Round
  - b) Close set
  - c) Wide set
  - d) Heavy lidded
81. The \_\_\_\_\_ pusher is used to push back the eponychium and to gently scrape cuticle tissue from the natural nail plate.
- a) Metal pusher
  - b) Metal file
  - c) Wooden pusher
  - d) Orangewood stick
82. The \_\_\_\_\_ creates a colorless layer on the natural nail that improves adhesion of polish.
- a) Top coat
  - b) Base coat
  - c) Nail hardener
  - d) Nail conditioner
83. The \_\_\_\_\_ has a free edge that is rounded off and should extend only slightly past the finger tip.
- a) Square nail
  - b) Squoval nail
  - c) Round nail
  - d) Pointed nail
84. The \_\_\_\_\_ is very stimulating and increases blood flow.
- a) Friction movement
  - b) Effleurage
  - c) Kneading movement
  - d) Wringing

85. A product(s) containing gentle soaps and moisturizers that are used in a pedicure bath to clean and soften the skin is/are \_\_\_\_\_.
- a) Abrasive scrubs
  - b) Callus softeners
  - c) Paraffin wax
  - d) Foot soaks
86. An \_\_\_\_\_ has a rough surface used to shape or smooth the nail and remove surface shine.
- a) Abrasive board
  - b) Emery board
  - c) Buffer block
  - d) Three-way buffer
87. A thick, natural material with a tight weave that becomes transparent when resin is applied is \_\_\_\_\_.
- a) Silk
  - b) Fiberglas
  - c) Fabric
  - d) Linen
88. Additives designed to speed up chemical reactions are \_\_\_\_\_.
- a) Monomers
  - b) Polymers
  - c) Initiators
  - d) Catalysts
89. Nail \_\_\_\_\_ is used for securing nail tips to the natural nails.
- a) Primer
  - b) Dehydrator
  - c) Adhesive
  - d) Abrasive

90. \_\_\_\_\_ is eagerness to learn, grow, and expand your skills and knowledge.
- a) Motivation
  - b) Integrity
  - c) Work ethic
  - d) Enthusiasm
91. A/n \_\_\_\_\_ is often located in busy, low-rent shopping center strips that are anchored by a nearby supermarket or other large business.
- a) Basic value priced salon
  - b) Mid priced full service salon
  - c) High-end salon
  - d) Image or day spa
92. A question that an interviewer can not ask you by law is \_\_\_\_\_.
- a) Are you able to perform the job?
  - b) In which languages are you fluent?
  - c) How old are you?
  - d) Are you authorized to work in the United States?
93. A \_\_\_\_\_ is two or more people sharing ownership.
- a) Individual
  - b) Partnership
  - c) Corporation
  - d) Stockholders
94. A shampoo that washes away excess oiliness from oily hair and scalp, while keeping the hair from drying out is a/an \_\_\_\_\_.
- a) Acid-balanced shampoo
  - b) Balancing shampoo
  - c) Clarifying shampoo
  - d) Color-enhancing shampoo



95. \_\_\_\_\_ is a special chemical agent applied to the hair to deposit protein or moisture, help restore its strength, and give it body.
- a) Conditioner
  - b) Deep conditioner
  - c) Instant conditioner
  - d) Moisturizing conditioner
96. The end of the surfactant molecule that is a water-attracting head is a \_\_\_\_\_.
- a) Detergent
  - b) Surfactant
  - c) Hydrophilic
  - d) Lipophilic
97. A \_\_\_\_\_ shampoo is used to brighten and add a slight hint of color to the hair and to eliminate unwanted color tones such as gold or brassiness.
- a) Acid balanced
  - b) Color-enhancing
  - c) Medicated
  - d) Dry/powder
98. Pathogenic bacteria are \_\_\_\_\_.
- a) Harmless
  - b) Unimportant
  - c) Helpful
  - d) Harmful
99. The lightness or darkness of color is measured in terms of \_\_\_\_\_.
- a) Level
  - b) Tone
  - c) Intensity
  - d) Contributing pigment

100. Cleansing the hair and scalp is the primary purpose of \_\_\_\_\_.

- a) Shampooing in the salon
- b) An appointment at the salon
- c) The use of conditioner
- d) A day at the spa

## TEST III: MULTIPLE CHOICE TEST

*Directions: Carefully read each statement. Circle the word or phrase that correctly completes the statement.*

1. In ancient Rome, a woman's status was indicated by \_\_\_\_\_.
  - a) Haircolor
  - b) Nail color
  - c) Eye color
  - d) Makeup
2. By developing a game plan you are \_\_\_\_\_.
  - a) Wasting your time
  - b) Consciously planning your life
  - c) Procrastinating
  - d) Being selfish
3. Clean, fresh smelling and well maintained clothes are a part of \_\_\_\_\_.
  - a) Ethics
  - b) Good personal hygiene
  - c) Good personal grooming
  - d) Positive attitude
4. The study of how a workplace can best be designed for comfort, safety, efficiency and productivity is \_\_\_\_\_.
  - a) Ergonomics
  - b) Professionalism
  - c) Physical presentation
  - d) Professional image

5. The act of accurately sharing information between two people or groups of people is called \_\_\_\_\_.
- a) Clarification
  - b) Communication
  - c) Client consultation
  - d) Reflective Listening
6. An organism that lives on or in another organism and draws its nourishment from that organism is a \_\_\_\_\_.
- a) Bacteria
  - b) Virus
  - c) Toxin
  - d) Parasite
7. An immune system response to certain foods, chemicals, product ingredients or other normally harmless substances is a/an \_\_\_\_\_.
- a) Contaminant
  - b) Contagious disease
  - c) Infection
  - d) Allergy
8. Sodium hypochlorite is commonly known as \_\_\_\_\_.
- a) Phenolics
  - b) Alcohol
  - c) Household bleach
  - d) Fumigant
9. The basic unit of all living things is \_\_\_\_\_.
- a) Nerves
  - b) Cells
  - c) Tissues
  - d) Nucleus



10. \_\_\_\_\_ tissue, such as blood and lymph, carries food, waste products, and hormones through the body.
- a) Connective
  - b) Epithelial
  - c) Liquid
  - d) Muscular
11. The \_\_\_\_\_ bone forms the forehead.
- a) Parietal
  - b) Occipital
  - c) Frontal
  - d) Temporal
12. The small, thin bones located at the front inner wall of the orbits is the \_\_\_\_\_ bone.
- a) Lacrimal
  - b) Nasal
  - c) Maxillae
  - d) Mandible
13. Muscles that are involuntary and function automatically, without conscious will are the \_\_\_\_\_ muscles.
- a) Striated
  - b) Nonstriated
  - c) Cardiac
  - d) Skeletal
14. The large, triangular muscle covering the shoulder joint that allows the arm to extend outward and to the side of the body is the \_\_\_\_\_.
- a) Bicep
  - b) Deltoid
  - c) Tricep
  - d) Flexors

15. The tiny, thin-walled blood vessels that connect the smaller arteries to the veins are \_\_\_\_\_.
- a) Capillaries
  - b) Arteries
  - c) Veins
  - d) Vessels
16. The ring muscle of the eye socket, enabling you to close your eyes is the \_\_\_\_\_.
- a) Auricularis posterior
  - b) Auricularis anterior
  - c) Sternocleidomastoideus
  - d) Orbicularis oculi
17. Which layer of the skin contains numerous blood vessels, lymph vessels, nerves, sweat and oil glands, and hair follicles? \_\_\_\_\_
- a) Subcutaneous
  - b) Dermis
  - c) Adipose
  - d) Epidermis
18. No oil glands are found here. \_\_\_\_\_
- a) Forehead
  - b) Face
  - c) Scalp
  - d) Palms
19. The secretory nerves are part of the \_\_\_\_\_ system.
- a) Respiratory
  - b) Autonomic nervous
  - c) Circulatory
  - d) Excretory

20. Small epidermal structures with nerve endings that are sensitive to touch and pressure are \_\_\_\_\_.
- a) Sudoriferous glands
  - b) Sebaceous glands
  - c) Subcutaneous tissue
  - d) Tactile corpuscles
21. Thickened skin between the fingertip and free edge of the nail plate is the \_\_\_\_\_.
- a) Hyponychium
  - b) Eponychium
  - c) Bed epithelium
  - d) Nail grooves
22. The portion of the skin that supports the nail plate as it grows toward the free edge is the \_\_\_\_\_.
- a) Nail groove
  - b) Nail fold
  - c) Nail plate
  - d) Nail unit
23. The tube like depression or pocket in the skin or scalp that contains the hair root is the \_\_\_\_\_.
- a) Hair bulb
  - b) Dermal papilla
  - c) Follicle
  - d) Hair shaft
24. The middle layer of the hair is the \_\_\_\_\_.
- a) Cuticle
  - b) Cortex
  - c) Medulla
  - d) Keratin

25. Hair \_\_\_\_\_ is the thickness or diameter of the individual hair strand.
- a) Diameter
  - b) Porosity
  - c) Texture
  - d) Elasticity
26. The technical term for gray hair is \_\_\_\_\_.
- a) Hypertrichosis
  - b) Monilethrix
  - c) Canities
  - d) Pityriasis
27. The infestation of the hair and scalp with head lice is \_\_\_\_\_.
- a) Tinea favosa
  - b) Tinea capitis
  - c) Scabies
  - d) Pediculosis capitis
28. Anything that occupies space and has mass is \_\_\_\_\_.
- a) Matter
  - b) Atoms
  - c) Elements
  - d) Molecules
29. A/an \_\_\_\_\_ is an unstable mixture of two or more immiscible substances united with the aid of an emulsifier.
- a) Emulsion
  - b) Surfactant
  - c) Hydrophilic
  - d) Lipophilic

30. \_\_\_\_\_ has a pH above 7 and softens and swells the hair and skin.
- a) Acid
  - b) Alkalis
  - c) Oxidizer
  - d) Base
31. The chemical reaction that combines a substance with oxygen to produce an oxide is \_\_\_\_\_.
- a) Oxidation
  - b) Combustion
  - c) Exothermic
  - d) Endothermic
32. A unit that measures the pressure of force that pushes the flow of electrons forward through a conductor is a/an \_\_\_\_\_.
- a) Volt
  - b) Amp
  - c) Ohm
  - d) Watt
33. A \_\_\_\_\_ current is a constant and direct current having a positive and negative pole, producing chemical changes when it passes through the tissues and fluids of the body.
- a) Galvanic
  - b) Faradic
  - c) Sinusoidal
  - d) Tesla-high frequency
34. \_\_\_\_\_ is the process used to soften and emulsify grease deposits and blackheads in the hair follicles.
- a) Cataphoresis
  - b) Anaphoresis
  - c) Iontophoresis
  - d) Disincrustation



35. The area the hairstyle occupies is called \_\_\_\_\_.
- a) Line
  - b) Design
  - c) Form
  - d) Space
36. An example of a line that is found in the one-length hairstyle is the \_\_\_\_\_.
- a) Single line
  - b) Transitional line
  - c) Contrasting line
  - d) Repeating line
37. Curly hair can be permanently straightened with \_\_\_\_\_.
- a) Hair relaxers
  - b) Curling irons
  - c) Flat irons
  - d) Pressing irons
38. The \_\_\_\_\_ in a hairstyle is the place the eyes see first.
- a) Balance
  - b) Rhythm
  - c) Harmony
  - d) Emphasis
39. The profile which has a prominent forehead and chin is the \_\_\_\_\_ profile.
- a) Convex
  - b) Concave
  - c) Curved
  - d) Straight

40. A mixture of shampoo, permanent haircolor, and hydrogen peroxide creates a \_\_\_\_\_.
- a) Soap cap
  - b) Highlighting shampoo
  - c) Color filler
  - d) Highlighting shampoo tint
41. Colored mousse and gels are considered to be what haircolor category? \_\_\_\_\_
- a) Temporary
  - b) Semipermanent
  - c) Demipermanent
  - d) Permanent
42. Primary and secondary colors that are positioned opposite each other on the color wheel are considered to be \_\_\_\_\_.
- a) Secondary
  - b) Tertiary
  - c) Complementary
  - d) Neutral
43. The melanin that gives black and brown color to hair is known as \_\_\_\_\_.
- a) Pheomelanin
  - b) Eumelanin
  - c) Euromelanin
  - d) Neomelanin
44. The preliminary strand test will tell you how the hair will react to the color formula and indicate \_\_\_\_\_.
- a) Processing time
  - b) Application method
  - c) Client satisfaction
  - d) Application time

45. What is added to hydrogen peroxide to increase its chemical action or lifting power?  
\_\_\_\_\_
- a) Accelerator
  - b) Diffuser
  - c) Dissolver
  - d) Activator
46. Which type of lightener is not used directly on the scalp? \_\_\_\_\_
- a) Cream
  - b) Paste
  - c) Oil
  - d) Powder
47. A condition of dry, scaly skin characterized by absolute or partial deficiency of sebum is \_\_\_\_\_.
- a) Asteatosis
  - b) Seborrhea
  - c) Steatoma
  - d) Rosacea
48. A term used to indicate an inflammatory condition of the skin is \_\_\_\_\_.
- a) Dermatitis
  - b) Eczema
  - c) Psoriasis
  - d) Herpes simplex
49. Deficiency in perspiration is called \_\_\_\_\_.
- a) Anhidrosis
  - b) Bromhidrosis
  - c) Hypertrichosis
  - d) Chloasma

50. An inflammation of the matrix of the nail with a shedding of the nail is \_\_\_\_\_
- a) Onychocryptosis
  - b) Onychia
  - c) Onychophagy
  - d) Onychomycosis
51. The technical term for bitten nails is \_\_\_\_\_.
- a) Onychophagy
  - b) Onychorrhexis
  - c) Onycholysis
  - d) Onychocryptosis
52. A condition in which a blood clot forms under the nail plate, forming a dark purplish spot, usually due to injury \_\_\_\_\_.
- a) Eggshell nail
  - b) Bruised nail
  - c) Melanonychia
  - d) Nail pterygium
53. The \_\_\_\_\_ is the widest area on the head, starting at the temples and ending at the bottom of the crown.
- a) Occipital
  - b) Apex
  - c) Parietal ridge
  - d) Four corners
54. The \_\_\_\_\_ is the angle at which the fingers are held when cutting, the line that is cut creating the end shape.
- a) Guideline
  - b) Perimeters
  - c) Cutting line
  - d) Subsection

55. When cutting with a vertical or diagonal cutting line, cutting \_\_\_\_\_ is the best way to maintain control of the subsection.
- a) Over your fingers
  - b) Below the fingers
  - c) Palm to palm
  - d) Palm to knuckles
56. \_\_\_\_\_ is a technique performed on the ends of the hair using the tips or points of the shears.
- a) Notching
  - b) Free-hand notching
  - c) Slithering
  - d) Point cutting
57. A version of slicing that creates a visual separation in the hair is \_\_\_\_\_.
- a) Carving
  - b) Slicing
  - c) Notching
  - d) Point cutting
58. The section of the pin curl, that gives the curl its direction and movement \_\_\_\_\_.
- a) Base
  - b) Stem
  - c) Circle
  - d) Curl
59. \_\_\_\_\_ base pin curls are suitable for curly hairstyles without much volume or lift.
- a) Rectangular
  - b) Triangular
  - c) Arc
  - d) Square



60. \_\_\_\_\_ is used to keep curly hair smooth and straight, while still retaining a beautiful shape.
- a) Hair wrapping
  - b) Blow drying
  - c) Velcro rollers
  - d) Flat iron
61. A thick styling preparation that comes in a tube or bottle is \_\_\_\_\_.
- a) Gel
  - b) Mousse
  - c) Pomade
  - d) Volumizer
62. \_\_\_\_\_ provide maximum lift or volume.
- a) End curls
  - b) Volume thermal curls
  - c) Volume base curls
  - d) Full base curls
63. \_\_\_\_\_ is a manufactured synthetic fiber of excellent quality for braiding.
- a) Nylon
  - b) Rayon
  - c) Lin
  - d) Kanekalon
64. The \_\_\_\_\_ braid is made with two strands that are twisted around each other.
- a) Invisible
  - b) Visible
  - c) Fish tail
  - d) Rope

65. \_\_\_\_\_ wigs are machine made.
- a) Cap
  - b) Capless
  - c) Wefts
  - d) Hand-tied
66. In the \_\_\_\_\_ method of attaching extensions, the extension is bonded to the client's own hair with a bonding material that is activated by the heat from a special tool.
- a) Glue
  - b) Adhesive
  - c) Bonding
  - d) Fusion
67. The most common form of temporary hair removal is \_\_\_\_\_.
- a) Shaving
  - b) Waxing
  - c) Tweezing
  - d) Threading
68. The \_\_\_\_\_ is the innermost layer of the hair and is often called the pith or core of the hair.
- a) Cortex
  - b) Medulla
  - c) Cuticle
  - d) Shaft
69. When analyzing the hair for a chemical hair service, the \_\_\_\_\_ of the hair determines its ability to hold a curl and is more important than any other single factor.
- a) Texture
  - b) Density
  - c) Porosity
  - d) Elasticity

70. The method of wrapping a permanent wave from the ends to the scalp is a \_\_\_\_\_ wrap.
- a) Spiral
  - b) Directional
  - c) Bricklay
  - d) Croquignole
71. The perm wrap where base sections are offset from each other row by row, to prevent noticeable splits and blend the flow of the hair is a \_\_\_\_\_.
- a) Basic perm wrap
  - b) Curvature perm wrap
  - c) Bricklay wrap
  - d) Spiral wrap
72. The oldest and most common type of chemical hair relaxers is \_\_\_\_\_.
- a) Metal hydroxide
  - b) Sodium hydroxide
  - c) Guanidine relaxer
  - d) Lithium hydroxide
73. Skin with very small pores that may be dehydrated with fine lines and wrinkles and is dry and rough to the touch is \_\_\_\_\_.
- a) Oily skin
  - b) Dry skin
  - c) Combination
  - d) Acne
74. \_\_\_\_\_ is a chronic hereditary disorder that can be indicated by constant or frequent facial blushing.
- a) Hyperpigmentation
  - b) Dehydration
  - c) Rosacea
  - d) Sun-damaged

75. \_\_\_\_\_ are often seaweed based.
- a) Clay masks
  - b) Gel masks
  - c) Alginate masks
  - d) Paraffin masks
76. \_\_\_\_\_, a type of mechanical exfoliation, uses a closed vacuum to shoot crystals onto the skin, bumping off cell buildup that is then vacuumed by the suction.
- a) Galvanic
  - b) High frequency
  - c) Electrotherapy
  - d) Microdermabrasion
77. A \_\_\_\_\_ brush is a large, soft brush used for blending the edges of color.
- a) Blush
  - b) Concealer
  - c) Eye shadow
  - d) Powder
78. The \_\_\_\_\_ face has a wide forehead and narrow, pointed chin.
- a) Round
  - b) Square
  - c) Triangular
  - d) Inverted triangle
79. Eyelash hairs on a strip that are applied with adhesive to the natural lash line are called \_\_\_\_\_.
- a) Individual lashes
  - b) Band lashes
  - c) Eye tabbing
  - d) Group lashes

80. A \_\_\_\_\_ is used to clean fingernails and to remove dust and debris with warm soapy water.
- a) Tweezers
  - b) Cuticle scissors
  - c) Cuticle nippers
  - d) Nail brush
81. \_\_\_\_\_ are used to improve the durability of weak or thin nail plates.
- a) Top coat
  - b) Base coat
  - c) Nail hardener
  - d) Nail conditioner
82. The \_\_\_\_\_ should be slightly tapered and extended just a bit past the tip of the finger.
- a) Square nail
  - b) Squoval nail
  - c) Round nail
  - d) Pointed nail
83. A \_\_\_\_\_ is a metal file designed to file in one direction.
- a) Nail file
  - b) Nail rasp
  - c) Foot file
  - d) Nippers
84. An instrument used for manicures and pedicures to trim tags of dead skin is a \_\_\_\_\_.
- a) Nail file
  - b) Nail rasp
  - c) Foot file





85. A lightweight rectangular block used to buff nails is a \_\_\_\_\_.
- a) Abrasive board
  - b) Emery board
  - c) Buffer block
  - d) Three-way buffer
86. Nail wraps must be rebalanced with additional resin after \_\_\_\_\_ weeks.
- a) Two
  - b) Three
  - c) Four
  - d) Five
87. An \_\_\_\_\_ starts a chain reaction that leads to the creation of long polymer chains.
- a) Monomer
  - b) Polymer
  - c) Initiator
  - d) Catalyst
88. Ultraviolet gel enhancements must be rebalanced every \_\_\_\_\_ weeks.
- a) 1 to 2
  - b) 2 to 3
  - c) 3 to 4
  - d) 4 to 5
89. \_\_\_\_\_ means having the drive to take the necessary action to achieve a goal.
- a) Motivation
  - b) Integrity
  - c) Work ethic
  - d) Enthusiasm

90. When writing a resume, you should \_\_\_\_\_.
- a) Stretch the truth
  - b) Include personal references
  - c) Reference salaries
  - d) Keep it short
91. A \_\_\_\_\_ is a percentage of the revenue that the salon takes in and is usually offered to practitioners once they have built up a loyal clientele.
- a) Salary
  - b) Hourly
  - c) Commission
  - d) Salary plus commission
92. The nerve center of the salon is in the \_\_\_\_\_.
- a) Break room
  - b) Shampoo area
  - c) Reception area
  - d) Dispensary
93. A shampoo that contains an acidic ingredient to cut through product buildup that can flatten hair is a/an \_\_\_\_\_.
- a) Acid-balanced shampoo
  - b) Balancing shampoo
  - c) Clarifying shampoo
  - d) Color-enhancing shampoo
94. \_\_\_\_\_ is often in well water and contains certain minerals that lessen the ability of soap or shampoo to lather readily.
- a) Soft water
  - b) Hard water
  - c) Acidic water
  - d) Alkaline water

95. The end of the surfactant molecule that is an oil attracting tail is a \_\_\_\_\_.
- a) Detergent
  - b) Surfactant
  - c) Hydrophilic
  - d) Lipophilic
96. \_\_\_\_\_ remove oil accumulation from the scalp and are used after a scalp treatment, before styling.
- a) Spray on thermal protectors
  - b) Scalp conditioners
  - c) Medicated scalp lotions
  - d) Scalp astringent lotions
97. Chemicals can be used to alter \_\_\_\_\_.
- a) Face shape
  - b) Skin tone
  - c) Wave patterns
  - d) Hair density
98. Bleaching or decolorizing is also called \_\_\_\_\_.
- a) Uncoloring
  - b) Lightening
  - c) Lowlightening
  - d) Stripping
99. The primary colors are red, yellow, and \_\_\_\_\_.
- a) Black
  - b) Green
  - c) Orange
  - d) Blue

100. To fill in sparse areas of the eyebrows, use \_\_\_\_\_.

- a) Mascara
- b) Eye shadow
- c) Eyebrow color
- d) Liquid eyeliner