COSMETOLOGY REVIEW EXAM 1

Name__________________________________________ Date_________________

Starting Time ____________ Finishing Time_________ Rating ________________

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

1. Body odors can be prevented by regular bathing and use of?
   A) styptic                   C) vapors
   B) astringents              D) deodorants

2. Personal hygiene deals with preservation of the well-being of the?
   A) individual               C) town
   B) community                D) society

3. Exercise help to stimulate?
   A) bad breath               C) blood circulation
   B) malnutrition             D) cleanliness

4. A dull, sallow complexion may be an indication of?
   A) controlled disease       C) adequate rest
   B) a balanced diet          D) poor health

5. For a comfortable sitting posture, keep the soles of the feet:
   A) on the floor             C) extended
   B) crossed                  D) elevated

6. The minimizing of fatigue is one of the benefits of maintaining good?
   A) personality              C) Hygiene
   B) posture                  D) appearance

7. The outward reflection of a person’s inner feelings is called?
   A) personal vitality        C) good grooming
   B) personality              D) courtesy

8. Good topics for salon conversation should be?
   A) political                C) religious
   B) debatable                D) non-controversial

9. A smile of greeting and a word of welcome are two personality characteristics that reflect?
   A) liveliness                C) good education
   B) graciousness              D) vitality
10. An important attribute of good professional ethics is?
   A) temper  C) arrogance
   B) loyalty  D) gossip

11. The true professional treats the feelings and rights of others with?
   A) disdain  C) respect
   B) severity  D) arrogance

12. Clients should always be addressed by their?
   A) nicknames  C) eye color
   B) hair color  D) names

13. Bacteria are one-celled micro-organisms of___origin?
   A) animal  C) mineral
   B) vegetable  D) chemical

14. Pathogenic bacteria are-commonly known as?
   A) antiseptics  C) germs
   B) disinfectants  D) beneficial bacteria

15. A boil is an example of?
   A) a general infection  C) non-pathogenic bacteria
   B) a local infection  D) a non-contagious disease

16. Sterilization is the process of?
   A) keeping bacteria alive  C) destroying offensive odors
   B) destroying only beneficial micro-organisms  D) destroying both harmful and beneficial bacteria

17. Sharp metallic instruments may be sanitized with _______alcohol?
   A) 30%  C) 70%
   B) 50%  D) 40%

18. Beauty salons make most use of which one of the following sanitizing agents?
   A) dry heat  C) chemical agents
   B) boiling water  D) steam pressure sanitizers

19. A covered container with a disinfectant solution is called a/an ______ sanitizer?
   A) dry  C) wet
   B) cabinet  D) oven

20. A dry sanitizer is most effective when it contains a/an?
   A) disinfectant  C) styptic
   B) active fumigant  D) deodorant

21. For a wet sanitizer to be effective, the objects being sanitized must be?
   A) made of metal  C) completely immersed
   B) water soluble  D) left overnight
22. After being sanitized, implements are kept sanitary in a/an?
   A) wet sanitizer     C) dry sanitizer
   B) open sanitizer    D) open drawer

23. Clean towels should be kept in?
   A) a hamper         C) a sanitized cabinet
   B) an open cabinet  D) a nearby shelf

24. A freshly laundered towel should be used?
   A) for every two clients   C) until it gets soiled
   B) for each client        D) whenever a client requests it

25. Objects dropped on the floor should not be used again until they are thoroughly?
   A) washed with soap and water   C) sanitized
   B) discarded                   D) rinsed

26. A 3-5% solution of hydrogen peroxide may be used as a/an?
   A) deodorant            C) styptic
   B) antiseptic           D) disinfectant

27. A safe antiseptic to cleanse cut skin is?
   A) 3% hydrogen peroxide  C) carbolic acid
   B) hydrochloric acid     D) bichloride of mercury

28. A chemical solution used to prevent the growth of bacteria is called a/an?
   A) fumigant             C) antiseptic
   B) astringent          D) deodorant

29. Germicides and bactericides are?
   A) hair rinses            C) deodorizers
   B) disinfectants         D) antiseptics

30. Clients should not be treated in the salon if they are suffering from?
   A) a communicable disease   C) excessive hirsutism
   B) premature alopecia      D) over-active glands

31. A good complexion is indicated by the skin’s texture and?
   A) pale color              C) dry condition
   B) healthy color           D) minimum elasticity

32. The two main divisions of the skin are the epidermis and?
   A) subcutaneous tissue     C) corneum layer
   B) dermis                  D) adipose

33. Blood vessels, nerves, and sweat and oil glands are found in the?
   A) epidermis                C) cuticle layer
   B) dermis                   D) scarf layer
34. Over time, continued pressure and rubbing over an area of skin will cause it to become?  
   A) slippery   C) calloused  
   B) thinner   D) scaly

35. The skin is lubricated by an oily substance known as?  
   A) sweat   C) thyroxin  
   B) sebum   D) testosterone

36. The small openings of the sweat glands on the skin are called? 
   A) follicles   C) pores  
   B) capillaries   D) papillae

37. Hair is chiefly composed of a horny substance called?  
   A) hemoglobin   C) keratin  
   B) melanin   D) cystine

38. The hair takes its shape, size, and direction from the?  
   A) cortex   C) medulla  
   B) cuticle   D) follicle

39. The club-shaped structure forming the lower part of the hair root is called the hair?  
   A) bulb   C) follicle  
   B) cuticle   D) papilla

40. The medulla of the hair is found in the?  
   A) center of the hair   C) second layer of hair  
   B) outer layer of hair   D) cuticle layer of hair

41. Hair strength and elasticity are traceable to the hair?  
   A) medulla   C) follicle  
   B) cuticle   D) cortex

42. The muscle connected to the hair follicle is called the?  
   A) epicranius   C) procerus  
   B) arrector pili   D) auricularis

43. If a client has a skin disease, the cosmetologist should?  
   A) treat it with medicine   C) refer client to a physician  
   B) apply cosmetics only   D) suggest home treatment

44. Pus is most likely to be found in?  
   A) vesicles   C) macules  
   B) scars   D) pustules

45. An external swelling of the skin is known as as?  
   A) papule   C) tumor  
   B) macule   D) pustule
46. Acne is a disorder of the_________ glands?
   A) sweat  C) intestinal
   B) oil  D) stomach

47. Excessive perspiration is?
   A) anidrosis  C) hyperidrosis
   B) osmidrosis  D) bromidrosis

48. Bromidrosis means _________perspiration?
   A) lack of  C) excessive
   B) foul-smelling  D) discolored

49. Ringworm is dangerous because it is?
   A) non-contagious  C) contagious
   B) non-infectious  D) benign

50. Keratoma is the technical term for a?
   A) callous  C) tumor
   B) wart  D) birthmark

51. Tinea is generally believed to be?
   A) an allergy  C) non-contagious
   B) non-pathogenic  D) contagious

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

53. The dry type of dandruff is known as pityriasis?
   A) steatoides  C) psoriasis
   B) capitis simplex  D) monilethrix

54. Canities is the technical term for any form of?
   A) hair pigment loss  C) oil gland disorder
   B) skin inflammation  D) sweat gland disorder

55. Baldness in spots is known as alopecia__________?
   A) premature  C) areata
   B) senilis  D) congenitalis

56. Canities is the technical term for________hair?
   A) black  C) cut
   B) brown  D) gray

57. The cosmetologist's primary responsibility is to protect the client from?
   A) over-paying  C) injury
   B) loud noises  D) competitors
58. The first line of protection for the client is?
   A) an extra service   C) correct record keeping
   B) a release form    D) correct draping

59. A 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) an unpleasant feeling to the client

60. The main purpose of shampoo is to?
   A) style hair more easily   C) treat alopecia areata
   B) dry and brittle         D) easier to comb

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

62. 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

63. The type of shampoo that should be used on tinted hair is?
   A) medicated           C) plain
   B) non-strip           D) alkaline

64. For dry, brittle, over-lightened or tinted hair, recommend a/an__________shampoo?
   A) medicated           C) acid
   B) plain               D) henna

65. Acidic rinses are given to?
   A) close the cuticle of hair C) remove yellow streaks from gray hair
   B) add color to hair       D) increase texture of hair

66. Color rinses give a?
   A) lighter shade to dark hair C) yellowish tinge to gray hair
   B) temporary color to hair   D) permanent color to hair

67. Minor dandruff conditions may be controlled by__________rinses?
   A) plain water          C) cream
   B) medicated            D) color

68. The main purpose of a hair and scalp treatment is to?
   A) cure canities         C) preserve the health of hair and scalp
   B) harden the texture of hair D) preserve the color of hair

69. Frequent shampooing with strong soap may cause the scalp and hair to become?
   A) ulcerated          C) dry
   B) oily              D) thickened
70. After a scalp cream has been applied, expose the scalp to__________rays.
   A) ultra violet  C) blue light
   B) infrared  D) actinic

71. An essential part of a scalp treatment is proper?
   A) scalp tightening  C) hair brushing
   B) combing of hair  D) color rinsing

72. Common causes of dandruff are important diet, neglect, and?
   A) poor circulation  C) oil shampoos
   B) frequent conditioning  D) cream rinses

73. Dry and damaged hair can be greatly improved by?
   A) emulsifying  C) shampooing
   B) reconditioning  D) shaving

74. Coarse hair should never be thinned too close to the?
   A) sides of the head  C) nape
   B) center strand  D) scalp

75. The shortening of hair in a graduated effect is known as?
   A) clipping  C) tapering
   B) singeing  D) back-combing

76. Split ends may be corrected by?
   A) effilating  C) cutting
   B) slithering  D) feathering

77. An important factor in deciding how close to the head the hair may be thinned is the hairs?
   A) elasticity  C) texture
   B) color  D) stream

78. If the hair is thinned near the ends of the strands, it will be?
   A) shapeless  C) blunt cut
   B) slithered  D) shingled

79. The choice of setting lotion should be determined by the hairs?
   A) length  C) texture
   B) color  D) elasticity

80. A finger wave should harmonize with the client’s?
   A) skin complexion  C) fingernails
   B) clothing style  D) head shape and facial features

81. A finger wave lasts longer when the hair is molded?
   A) in very high ridges  C) in very low ridges
   B) in the direction of the natural growth  D) opposite to the inclination of natural growth
82. The term “shadow wave” indicates a hairsetting with?
   A) high ridges   C) low ridges
   B) sharp ridges   D) deep waves

83. Removing tangles from the hair should start in the?
   A) crown area   C) nape area
   B) hairline area   D) forehead area

84. The type of hair that is best for pin curling is__________ hair?
   A) straight coarse   C) fine curly
   B) wavy   D) wiry, over-curly

85. To help prevent dry skin around the nails, apply?
   A) cuticle cream   C) alcohol
   B) nail polish remover   D) an antiseptic

86. When shaping the fingernail, the nail is filed?
   A) corner to center   C) center to corner
   B) straight across   D) corner to corner

87. The part of the nail that extends beyond the finger itself is the?
   A) free edge   C) nail root
   B) matrix   D) nail bed

88. The portion of the skin upon which the nail body rests is the?
   A) nail groove   C) nail bed
   B) cuticle   D) free edge

89. Effleurage, or stroking, is a massage movement applied in a?
   A) heavy tapping manner   C) light pinching manner
   B) deep rolling manner with pressure   D) light, slow, and rhythmic manner

90. Petrissage is used to massage to produce an effect that is?
   A) soothing   C) invigorating
   B) relaxing   D) magnetic

91. 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

92. Massage serves to stimulate and strengthen the?
   A) bones   C) hair
   B) lymph glands   D) muscles

93. The first cosmetic to be used in a plain facial is a?
   A) moisturizer   C) cleanser
   B) foundation   D) tonic
94. The sanitized end of a comedone extractor is used to remove?  
   A) blackheads  
   B) moles  
   C) freckles  
   D) birthmarks

95. The massage cream used on a dry skin should be?  
   A) cleansing  
   B) emollient  
   C) alkaline  
   D) medicated

96. Dry skin may be caused by under-active___________glands?  
   A) sudoriferous  
   B) para-thyroid  
   C) sebaceous  
   D) salivary

97. When skillfully applied, massage benefits the skin by?  
   A) increasing tension  
   B) deep cleansing  
   C) removing milia  
   D) stimulation

98. Unwanted hair usually is removed from the eyebrows and chin by?  
   A) singeing  
   B) bleaching  
   C) tweezing  
   D) hot oil

99. A soap solution with a pH value of 10 would be considered?  
   A) acidic  
   B) saline  
   C) alkaline  
   D) neutral

100. Water that contains dissolved mineral substances is called_________water?  
    A) acid  
    B) hard  
    C) tonic  
    D) soft