MICHIGAN COSMETOLOGY LICENSING PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. What is the main ingredient in most hair relaxers?

A. Ammonium thioglycolate

B. Sodium hydroxide

C. Cetyl alcohol

D. Glycolic acid

2. What is the main ingredient commonly found in exfoliating scrubs?

A. Water

B. Grit or granules

C. Oil

D. Soap

3. How many hours of training are required for a cosmetology license in Michigan?

A. 1,000 hours

B. 1,200 hours

C. 1,500 hours

D. 1,800 hours

4. Which hair removal method requires a licensed professional?

A. Shaving

B. Threading

C. Waxing

D. Trimming

5. What should be used to sanitize non-porous implements?

A. Ethanol alcohol

B. An EPA-registered disinfectant

C. Soap and water

D. Isopropyl alcohol

6. How often should hair be washed to maintain scalp health?

A. Once a week

B. Every day

C. 2-3 times a week

D. 4-5 times a week

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7. What is the timeframe for reporting a change of address to the Michigan Department of Licensing?

A. Within 15 days

B. Within 30 days

C. Within 45 days

D. Within 60 days

8. What is the recommended way to disinfect non-electrical tools?

A. Washing with soap and water

B. Soaking in an EPA-registered disinfectant

C. Using alcohol wipes

D. Leaving them exposed to air for 20 minutes

9. What is a common side effect of using strong hair bleach?

A. Hair can become greasy

B. Hair can become brittle and over-processed

C. Hair can change color unpredictably

D. Hair becomes more manageable

10. What should be done if a client exhibits signs of an allergic reaction during a treatment?

A. Continue with the treatment

B. Administer antihistamines

C. Stop the treatment immediately and seek assistance

D. Apply more product to soothe irritation

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Answers

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1. B
2. B
3. C
4. C
5. B
6. C
7. B
8. B
9. B
10. C

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Explanations

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1. What is the main ingredient in most hair relaxers?

A. Ammonium thioglycolate

B. Sodium hydroxide

C. Cetyl alcohol

D. Glycolic acid

The primary ingredient in most hair relaxers is sodium hydroxide. This chemical, often referred to as lye, works by breaking down the protein structure of the hair, allowing the hair to be straightened. Sodium hydroxide is highly effective and is commonly used in both professional settings and at-home hair relaxing products due to its strong alkaline properties, which can alter the pH of the hair. In the context of hair relaxers, sodium hydroxide is chosen for its ability to provide significant straightening effects, especially on coarse or tightly curled hair types. While ammonium thioglycolate is another ingredient that can be used in hair treatments, it is more commonly found in perm solutions rather than relaxers. Cetyl alcohol and glycolic acid serve different purposes in hair care products, such as acting as emulsifiers or conditioning agents, but they do not provide the fundamental straightening action characteristic of relaxers.

2. What is the main ingredient commonly found in exfoliating scrubs?

A. Water

B. Grit or granules

C. Oil

D. Soap

Exfoliating scrubs are designed to remove dead skin cells and promote skin renewal, and the main ingredient that enables this action is grit or granules. These particles provide the physical texture needed to slough off dead skin, making the surface of the skin smoother and brighter. Typically, these granules can be made from various materials, including sugar, salt, ground nuts, or synthetic beads, depending on the formulation of the scrub. Water, oil, and soap often serve as base ingredients or additional components in the formulation of scrubs, helping to create the desired consistency, hydrate the skin, or provide cleansing properties. However, they do not play the primary role in the exfoliating action that grit or granules do. Thus, grit or granules are the essential ingredient that defines exfoliating scrubs and allows them to fulfill their primary function of exfoliation.

3. How many hours of training are required for a cosmetology license in Michigan?

A. 1,000 hours

B. 1,200 hours

C. 1,500 hours

D. 1,800 hours

In Michigan, the requirement for obtaining a cosmetology license is 1,500 hours of training. This extensive training provides students with a comprehensive education in various aspects of cosmetology, including hair cutting, coloring, skin care, and nail technology. The 1,500 hours ensure that future cosmetologists are well-prepared to meet industry standards and provide high-quality services. This number of training hours is set by regulatory authorities to ensure that all licensed cosmetologists possess the necessary skills and knowledge to operate safely and effectively in a professional setting. It reflects a commitment to safety, hygiene, and professional practice within the industry, allowing practitioners to serve their clients with confidence and competence.

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4. Which hair removal method requires a licensed professional?

A. Shaving

B. Threading

C. Waxing

D. Trimming

The hair removal method that requires a licensed professional is waxing. This procedure involves applying warm or cold wax to the skin and then removing it quickly to pull hair out from the root. It is essential for this procedure to be performed by a trained professional to ensure safety and effectiveness. A licensed cosmetologist is knowledgeable about skin types, proper techniques, and hygiene protocols, which are crucial to prevent skin irritation, allergic reactions, or infections. The expertise of a licensed professional also helps clients achieve the desired results consistently, as they can customize the waxing experience based on individual needs and preferences. Proper training also enables professionals to recognize any contraindications, such as certain skin conditions, that could pose risks during waxing. In contrast, methods such as shaving, threading, and trimming generally do not require professional licensure and can be performed safely at home with basic tools. Shaving involves using a razor to cut hair at the skin's surface, threading is a technique that uses a thread to remove hair from the follicle, and trimming is simply shortening hair without removing it from the root. Each of these methods can be done effectively without the intervention of a licensed professional.

5. What should be used to sanitize non-porous implements?

A. Ethanol alcohol

B. An EPA-registered disinfectant

C. Soap and water

D. Isopropyl alcohol

Using an EPA-registered disinfectant is essential for sanitizing non-porous implements in a cosmetology setting because these products are specifically designed to eliminate bacterial, viral, and fungal pathogens on surfaces. EPA-registered disinfectants undergo rigorous testing and evaluation to ensure their effectiveness and safety for use in professional environments such as salons and spas. Non-porous implements, such as scissors, combs, and metal tools, often come into contact with skin and hair, which can harbor various microorganisms. To ensure client safety and uphold hygiene standards, employing a disinfectant that meets EPA regulations provides a reliable method to minimize the risk of infection and disease transmission. While other options like ethanol and isopropyl alcohol can be effective for sanitizing in certain contexts, they may not be as comprehensive as EPA-registered disinfectants. Soap and water alone are typically insufficient for eliminating all harmful microorganisms on non-porous surfaces, as they primarily remove dirt and debris, but do not provide the level of disinfection required in a professional setting.

6. How often should hair be washed to maintain scalp health?

A. Once a week

B. Every day

C. 2-3 times a week

D. 4-5 times a week

The recommendation to wash hair 2-3 times a week strikes a good balance for maintaining scalp health for most individuals. Washing the hair too infrequently, such as once a week, can lead to the buildup of oils and product residue, which may cause scalp issues like irritation or dandruff. On the other hand, washing hair every day can strip natural oils from the scalp, leading to dryness and potentially triggering overproduction of oil as the scalp tries to compensate. Washing 2-3 times a week helps to keep the scalp clean without over-drying it, allowing natural oils to nourish the hair while still managing dirt and sweat. This frequency can accommodate various hair types and textures, making it a practical recommendation for maintaining optimal scalp health.

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7. What is the timeframe for reporting a change of address to the Michigan Department of Licensing?

A. Within 15 days

B. Within 30 days

C. Within 45 days

D. Within 60 days

The correct timeframe for reporting a change of address to the Michigan Department of Licensing is within 30 days. This requirement is in place to ensure that licensing boards and regulatory agencies can easily reach professionals regarding their licenses, renewals, and any correspondence that might be necessary for maintaining their licensing status. Timely reporting of address changes is crucial for compliance and helps to avoid potential disciplinary actions or lapses in licensure due to missed notifications or deadlines associated with the individual's professional practice. Following this guideline helps maintain the integrity of the licensing process and ensures that professionals can stay informed about relevant industry updates and requirements.

8. What is the recommended way to disinfect non-electrical tools?

A. Washing with soap and water

B. Soaking in an EPA-registered disinfectant

C. Using alcohol wipes

D. Leaving them exposed to air for 20 minutes

Soaking non-electrical tools in an EPA-registered disinfectant is the recommended method for disinfection because it ensures that the tools are thoroughly sanitized and free from harmful pathogens. EPA-registered disinfectants have been tested and proven to be effective against a wide range of bacteria, viruses, and fungi, making them reliable for use in a salon or spa setting. This method allows for complete coverage of the surfaces, ensuring that any contaminants are effectively eliminated, which is crucial for maintaining high standards of hygiene and safety for clients. While washing with soap and water can help remove dirt and debris, it does not guarantee that tools are disinfected to an adequate level. Alcohol wipes can be useful for quick surface cleaning but may not provide the same level of disinfection as soaking in a proper disinfectant solution. Leaving tools exposed to air does not sanitize them and may even increase the risk of environmental contamination. Thus, soaking in an EPA-registered disinfectant is the most effective practice for ensuring that non-electrical tools are properly disinfected before reuse.

9. What is a common side effect of using strong hair bleach?

A. Hair can become greasy

B. Hair can become brittle and over-processed

C. Hair can change color unpredictably

D. Hair becomes more manageable

Using strong hair bleach often leads to hair becoming brittle and over-processed due to the harsh chemicals involved in the bleaching process. Hair bleach works by penetrating the hair shaft to remove the natural pigment (melanin), which can disrupt the structural integrity of the hair. This disruption can lead to a loss of moisture and elasticity, making the hair dry and fragile. When hair is over-processed, it can become unable to withstand everyday styling and environmental factors, resulting in breakage and split ends. In contrast, while some may think hair could become greasy or change color unpredictably, these are not typical direct consequences of using strong hair bleach. The process is more about stripping color rather than adding moisture or imbuing vibrancy. Furthermore, whereas some products can make hair more manageable, strong bleach does the opposite; it can leave the hair rough and difficult to style due to the damage caused. Thus, the pronounced brittleness and over-processing are the most common and significant side effects associated with strong hair bleach.

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10. What should be done if a client exhibits signs of an allergic reaction during a treatment?

A. Continue with the treatment

B. Administer antihistamines

C. Stop the treatment immediately and seek assistance

D. Apply more product to soothe irritation

When a client exhibits signs of an allergic reaction during a treatment, it is imperative to stop the treatment immediately and seek assistance. This approach prioritizes the client's health and safety, as continuing the treatment can exacerbate the reaction and lead to more severe health issues. Recognizing the symptoms of an allergic reaction—such as redness, swelling, itching, or hives—is crucial. By stopping the treatment, you can prevent further exposure to the allergen and mitigate the risk of a serious reaction. Seeking assistance is essential because a trained professional may need to evaluate the situation further and provide appropriate medical intervention if necessary. It's also important to note that administering antihistamines or applying more product without consulting a professional can be potentially harmful, as the underlying cause of the reaction may not be fully understood at that moment. Prioritizing immediate cessation of the treatment and professional assistance ensures a better outcome for the client.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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