NEW HAMPSHIRE COSMETOLOGY 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 minimum age requirement to apply for a cosmetology license in New Hampshire?**

   A. 16 years old

   B. 18 years old

   C. 20 years old

   D. 21 years old

2. **Describe the viscosity of a product used for permanent waving.**

   A. Thin

   B. Medium

   C. Thick

   D. Runny

3. **What must all chemicals used in salon services contain?**

   A. A fragrance list

   B. An ingredient list

   C. A color chart

   D. A safety data sheet

4. **What is the primary benefit of using a deep conditioner after chemical services?**

   A. To change the hair color

   B. To enhance volume

   C. To restore moisture and health

   D. To speed up drying time

5. **Which technique is used to create volume at the roots when styling hair?**

   A. Flat ironing

   B. Backcombing

   C. Blow drying

   D. Smoothing

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6. In makeup application, what is the purpose of a primer?

A. To remove excess oil

B. To create a smooth base for makeup

C. To enhance color vibrancy

D. To set makeup in place

7. Which process is performed to remove unwanted hair?

A. Hair coloring

B. Hair cutting

C. Hair perming

D. Hair removal

8. What effect does a 20-volume developer have in hair coloring?

A. Lifts hair color by 1-2 levels

B. Lifts hair color by 3-4 levels

C. Deposits color into hair

D. Lightens hair beyond 4 levels

9. What is the role of a comb when cutting hair?

A. To style the hair

B. To guide and section the hair

C. To measure hair length

D. To create texture

10. What type of skincare product is used mainly to control acne?

A. Moisturizer

B. Exfoliator

C. Cleanser with salicylic acid

D. Sunscreen

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Answers

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

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Explanations

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1. What is the minimum age requirement to apply for a cosmetology license in New Hampshire?

A. 16 years old

B. 18 years old

C. 20 years old

D. 21 years old

In New Hampshire, the minimum age requirement to apply for a cosmetology license is 18 years old. This ensures that applicants have reached a level of maturity and responsibility necessary to practice cosmetology professionally. At 18, individuals are typically considered adults and are better prepared to handle the demands and responsibilities of a licensed cosmetologist, which includes understanding and adhering to state regulations, client interactions, and the technical skills required in the field. While options such as 16, 20, and 21 are presented, they do not meet the established legal minimum age of 18, which is standard in many states for the pursuit of professional licensure in fields such as cosmetology.

2. Describe the viscosity of a product used for permanent waving.

A. Thin

B. Medium

C. Thick

D. Runny

The viscosity of a product used for permanent waving is classified as thick. Thick formulations are crucial for ensuring that the perm solution adheres properly to the hair strands and penetrates effectively. A thicker consistency allows for better control during application, helping to prevent the product from dripping and ensuring even distribution throughout the hair. This is particularly important during the waving process, as it helps to achieve the desired curl pattern and longevity of the wave. In contrast, thinner or runnier products may not provide the same level of coverage or control, potentially leading to inconsistent results. Medium viscosity also does not offer the dense consistency necessary for effective chemical processing involved in permanent waving. The thick texture of a perm solution contributes significantly to its ability to alter the hair's structure, making it a vital characteristic of the product.

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3. What must all chemicals used in salon services contain?

A. A fragrance list

B. An ingredient list

C. A color chart

D. A safety data sheet

All chemicals used in salon services must contain an ingredient list because this is essential for ensuring the safety and effectiveness of the products. An ingredient list allows cosmetologists and their clients to be informed about what substances are in the products being used. This transparency helps in identifying possible allergens, irritants, or harmful chemicals, ensuring that clients can make safe choices based on their health needs. In many jurisdictions, including New Hampshire, regulations dictate that salons must provide information on product contents to maintain a safe working environment. Understanding the ingredients also aids professionals in making informed decisions about compatibility with different skin types or hair conditions, leading to safer and more effective treatments. The other options, while relevant in different contexts, do not carry the same legal and practical necessity in the salon environment when it comes to the use of chemicals. A fragrance list, for example, is not mandatory for safety assessment, and a safety data sheet is essential but is typically separate documentation that provides detailed safety information, rather than a requirement for all products to specifically contain. A color chart, while useful in color services, is not applicable to the requirements of chemical content. Thus, the ingredient list is a critical component fostering safety and professionalism in salon practices.

4. What is the primary benefit of using a deep conditioner after chemical services?

A. To change the hair color

B. To enhance volume

C. To restore moisture and health

D. To speed up drying time

Using a deep conditioner after chemical services is primarily beneficial for restoring moisture and health to the hair. Chemical services, such as coloring, perming, or relaxing, can strip the hair of its natural moisture and nutrients, often leading to dryness and damage. Deep conditioners are formulated to penetrate the hair shaft and provide essential hydration, as well as repair damage by replenishing lost proteins and nutrients. This restorative process helps to rebuild the hair's structure, making it more resilient and healthier overall. Additionally, it can improve the hair's appearance, enhancing its shine and manageability, which is crucial after undergoing potentially harsh chemical treatments. Applying a deep conditioner thus addresses the specific needs of the hair post-chemical service, ensuring that it remains in optimal condition.

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5. Which technique is used to create volume at the roots when styling hair?

A. Flat ironing

B. Backcombing

C. Blow drying

D. Smoothing

Backcombing is a technique specifically designed to create volume at the roots of the hair. This process involves teasing the hair by combing it in the opposite direction, which interlaces the strands and creates a slight tangle. This tangle adds height and body, giving the appearance of fuller, more voluminous hair at the roots. This method is particularly effective for hairstyles that require lift and can be combined with hairspray to help maintain the style throughout the day. Other techniques, such as blow drying, primarily focus on drying the hair effectively and can help create volume, but they do not provide the same level of root lift as backcombing. While flat ironing and smoothing techniques are valuable for achieving sleek and polished hair, they work in the opposite direction by making hair lie flatter rather than enhancing volume.

6. In makeup application, what is the purpose of a primer?

A. To remove excess oil

B. To create a smooth base for makeup

C. To enhance color vibrancy

D. To set makeup in place

A primer plays a crucial role in makeup application by creating a smooth base for makeup. This is essential because it helps to fill in any fine lines, wrinkles, or imperfections on the skin's surface, which can enhance the overall appearance of the makeup. By preparing the skin, a primer allows foundation and other products to glide on more smoothly and adhere better, resulting in a more flawless finish. The effectiveness of other products such as foundation and concealer can be significantly improved with the right primer, leading to longer-lasting wear and a more polished look. Primers can also assist in keeping makeup from settling into pores or crease lines throughout the day. Other options may address different aspects of makeup application but do not encapsulate the primary function of a primer as effectively as creating a smooth canvas. For instance, while some may believe that removing excess oil is essential, it is not the primary purpose of a primer; instead, it serves as a preparatory step.

7. Which process is performed to remove unwanted hair?

A. Hair coloring

B. Hair cutting

C. Hair perming

D. Hair removal

The process performed to remove unwanted hair is known as hair removal. This involves various techniques used to eliminate hair from different areas of the body and can include methods such as waxing, shaving, threading, laser hair removal, and electrolysis. Hair removal focuses not just on changing the appearance of hair but on eliminating it entirely or reducing its visibility, which is distinct from other hair-related processes. Hair coloring, hair cutting, and hair perming serve different purposes related to the aesthetics of hair. Hair coloring involves changing the color of hair strands, hair cutting alters the length or shape of hair, and hair perming creates curls or waves. None of these practices address the concern of unwanted hair removal, which is specifically what the correct answer pertains to. Understanding the definition and purpose of hair removal helps clarify its importance in personal grooming and cosmetology.

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8. What effect does a 20-volume developer have in hair coloring?

A. Lifts hair color by 1-2 levels

B. Lifts hair color by 3-4 levels

C. Deposits color into hair

D. Lightens hair beyond 4 levels

A 20-volume developer is primarily designed to lift hair color by 1-2 levels, making it suitable for standard color processing. This developer contains a hydrogen peroxide concentration that is effective for most typical coloring tasks, especially when clients desire a subtle change or enhancement of their existing hair color. When using a 20-volume developer, the oxidation reaction it catalyzes allows for moderate lifting of the hair's natural pigment while simultaneously allowing for color deposit. It works well with permanent hair color formulations that require a certain level of lift along with reliable color retention. For deeper or more dramatic color changes beyond this lifting capacity, stronger developers might be utilized, but they carry a higher risk of damage to the hair. Thus, understanding the specific effects of a 20-volume developer is crucial for achieving the desired results while maintaining hair health.

9. What is the role of a comb when cutting hair?

A. To style the hair

B. To guide and section the hair

C. To measure hair length

D. To create texture

The role of a comb when cutting hair is predominantly to guide and section the hair. In the cutting process, a comb helps stylists organize the hair efficiently, allowing for precise cutting. By sectioning the hair, the stylist can manage smaller areas at a time, ensuring that they achieve an even cut and maintain control over the desired lengths. This systematic approach enables the stylist to work methodically and reduces the risk of cutting too much hair at once. Using a comb also aids in detangling the hair and ensuring that it lies flat against the head, which is crucial for making accurate cuts. Additionally, a well-combed section provides a visual guide for the stylist, helping them gauge the length as they work, which reinforces the importance of the comb's role in this context. This use of a comb is fundamental to achieving professional results in hair cutting.

10. What type of skincare product is used mainly to control acne?

A. Moisturizer

B. Exfoliator

C. Cleanser with salicylic acid

D. Sunscreen

The primary purpose of using a cleanser with salicylic acid is to control acne effectively. Salicylic acid is a beta hydroxy acid (BHA) that penetrates deep into the pores to dissolve excess oil and dead skin cells, which are common contributors to acne formation. By keeping the pores clear, salicylic acid helps reduce the occurrence of breakouts and can also decrease inflammation associated with existing acne. In addition to its exfoliating properties, salicylic acid has antibacterial effects that can help eliminate the bacteria that contribute to acne in the first place. This makes it particularly effective for individuals struggling with oily skin and acne-prone conditions. Other skincare products mentioned, like moisturizers and exfoliators, can support overall skin health but do not specifically target acne in the same way that a cleanser with salicylic acid does. Sunscreen is essential for protecting the skin from UV damage but does not have a specific role in acne treatment. Therefore, a cleanser containing salicylic acid is best suited for managing and controlling acne-prone skin.

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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:

https://newhampshirecosmetology.examzify.com

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

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