NEW MEXICO 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. During which phase of hair growth does hair actively grow?

A. Telogen phase

B. Anagen phase

C. Catagen phase

D. Resting phase

2. What is the main benefit of using a deep conditioning treatment?

A. To add volume to thin hair

B. To moisturize and restore hair moisture balance

C. To provide temporary color

D. To protect against UV damage

3. What type of brush is best for detangling wet hair?

A. Round brush

B. Paddle brush

C. Wide-toothed comb

D. Bristle brush

4. What is the process called for applying extensions to a client's hair?

A. Hair weaving or bonding

B. Hair braiding

C. Hair clipping

D. Hair curling

5. Which type of product is used to add shine to the hair?

A. Gloss or shine serum

B. Hair gel

C. Hair mousse

D. Leave-in conditioner

6. What is the minimum age requirement to obtain a cosmetology license in New Mexico?

A. 18 years old

B. 17 years old

C. 16 years old

D. 21 years old

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7. What should be done immediately if a client's skin is cut during a service?

A. Apply a bandage and continue

B. Report to a manager

C. Apply pressure to stop bleeding and clean the wound

D. Apply ice to the wound

8. What is the significance of using gloves during chemical treatments?

A. To reduce cost during application

B. To protect skin from chemicals and prevent contamination

C. To maintain warmth during treatments

D. To ensure a uniform application

9. What is the purpose of a setting lotion?

A. To remove buildup from hair

B. To provide hold and structure to hairstyles

C. To moisturize dry hair

D. To enhance color vibrancy

10. Which skin type is most prone to acne?

A. Dry skin

B. Combination skin

C. Normal skin

D. Oily skin

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Answers

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

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Explanations

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1. During which phase of hair growth does hair actively grow?

A. Telogen phase

B. Anagen phase

C. Catagen phase

D. Resting phase

The anagen phase is the active growth phase of hair. During this stage, hair follicles are highly active, and new hair cells are produced, leading to the growth of the hair shaft. This phase can last for several years, depending on factors like genetics and overall health, which significantly influences the length and growth rate of the hair. As a result, the majority of the hair on a person's head is in the anagen phase at any given time, contributing to the continuous growth of hair. In contrast, the other phases like telogen and catagen involve either a resting period or a transitional stage. The telogen phase is when hair growth stops, and the hair eventually sheds. The catagen phase is a short transitional period following anagen where the hair stops growing, and the follicle begins to shrink. Understanding these phases helps in recognizing the hair growth cycle and the factors that can affect hair health and growth. Thus, the anagen phase is crucial for anyone looking to maintain or encourage hair growth.

2. What is the main benefit of using a deep conditioning treatment?

A. To add volume to thin hair

B. To moisturize and restore hair moisture balance

C. To provide temporary color

D. To protect against UV damage

The primary benefit of using a deep conditioning treatment is to moisturize and restore the moisture balance of the hair. Deep conditioning treatments are designed to penetrate the hair shaft more effectively than regular conditioners, providing essential nutrients and hydration that help repair damage and improve the overall health of the hair. When hair is overly dry or damaged—due to factors such as heat styling, chemical treatments, or environmental stressors—deep conditioners can help restore elasticity and shine by replenishing moisture levels. This treatment typically infuses the hair with oils, proteins, and other beneficial ingredients that strengthen and revitalize it, resulting in softer, more manageable locks. While adding volume, providing temporary color, and protecting against UV damage may also be beneficial in specific contexts, the core purpose of a deep conditioning treatment is fundamentally about enhancing moisture retention and improving hair health.

3. What type of brush is best for detangling wet hair?

A. Round brush

B. Paddle brush

C. Wide-toothed comb

D. Bristle brush

A wide-toothed comb is particularly effective for detangling wet hair due to its design. The widely spaced teeth allow it to glide smoothly through hair without pulling or breaking the strands, which is crucial when hair is wet, as it is more fragile and prone to damage. In addition to minimizing breakage, a wide-toothed comb can help to separate individual strands gently, making it easier to work through knots and tangles without causing pain or harm to the hair or scalp. Other types of brushes, such as round brushes or bristle brushes, are not typically suitable for wet hair, as they can create tension and increase the likelihood of snap or damage. Paddle brushes, while they are effective for smoothing and styling dry hair, also may not be gentle enough on wet hair compared to the wide-toothed comb. Thus, the wide-toothed comb stands out as the best option for detangling wet hair.

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4. What is the process called for applying extensions to a client's hair?

A. Hair weaving or bonding

B. Hair braiding

C. Hair clipping

D. Hair curling

The process of applying extensions to a client's hair is commonly referred to as hair weaving or bonding. This technique involves attaching hair extensions to the natural hair using various methods, such as sewing, gluing, or bonding with special adhesive products. Hair weaving allows for a fuller and longer appearance, giving clients the opportunity to achieve different styles without permanently altering their natural hair. The hair extensions can blend seamlessly with the client's natural hair, creating a natural look when done correctly. This method is popular among clients looking for temporary changes in their hairstyle without commitment. On the other hand, hair braiding involves intertwining three or more strands of hair together, which is a different styling technique rather than an approach to adding extensions. Hair clipping may refer to using clip-in extensions specifically, which is a form of extension but doesn't encompass all methods of applying extensions. Hair curling is a technique used to change the texture of hair but does not relate to the process of adding extensions. Thus, hair weaving or bonding encapsulates the main approaches used in the extension application process effectively.

5. Which type of product is used to add shine to the hair?

A. Gloss or shine serum

B. Hair gel

C. Hair mousse

D. Leave-in conditioner

Gloss or shine serum is specifically formulated to enhance the shine of hair and create a polished, glossy appearance. These products typically contain ingredients such as silicones or oils that coat the hair shaft, reflecting light and giving it a lustrous look. While hair gel is used primarily for providing hold and control to hairstyles, it does not necessarily contribute to shine; in fact, it can sometimes create a dull appearance if it dries out. Hair mousse is designed to add volume and body to the hair, and while it can improve the overall texture, it isn't specifically aimed at enhancing shine. Leave-in conditioners help with moisture and manageability but are not primarily focused on shine, although they may provide some. Therefore, for the purpose of adding shine specifically, a gloss or shine serum is the most appropriate product choice.

6. What is the minimum age requirement to obtain a cosmetology license in New Mexico?

A. 18 years old

B. 17 years old

C. 16 years old

D. 21 years old

In New Mexico, the minimum age requirement to obtain a cosmetology license is 17 years old. This regulation ensures that individuals seeking to enter the cosmetology profession have reached a level of maturity and legal age that allows them to better grasp the responsibilities and ethical considerations involved in the field. Licensing requirements often include not only age but also completing a specified number of hours in cosmetology education and passing relevant examinations. Meeting the age requirement serves as a foundational step for aspiring cosmetologists, aligning with the state's standards for professional readiness in providing services to the public.

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7. What should be done immediately if a client's skin is cut during a service?

A. Apply a bandage and continue

B. Report to a manager

C. Apply pressure to stop bleeding and clean the wound

D. Apply ice to the wound

In the event that a client's skin is cut during a service, the most appropriate immediate action is to apply pressure to stop the bleeding and clean the wound. This response is crucial for several reasons. First, applying pressure helps to control any bleeding, minimizing the risk of more severe blood loss and ensuring the client's safety. Second, cleaning the wound reduces the chance of infection by removing any debris or bacteria that could enter through the cut. This immediate care is essential in maintaining a safe environment and is consistent with standard first aid practices. While it is also important to report any incidents to a manager for documentation and to follow the salon's protocols, handling the injury first ensures that the client's health is prioritized. Similarly, applying a bandage or ice may be appropriate reactions later, but stopping the bleeding and cleaning the area takes precedence in terms of immediate care.

8. What is the significance of using gloves during chemical treatments?

A. To reduce cost during application

B. To protect skin from chemicals and prevent contamination

C. To maintain warmth during treatments

D. To ensure a uniform application

Using gloves during chemical treatments is crucial for several important reasons. Primarily, gloves serve to protect the skin from harmful chemicals commonly found in beauty and hair treatments. Many of these chemicals can cause irritation, burns, or allergic reactions if they come into direct contact with skin. Thus, wearing gloves acts as a barrier, ensuring the safety and well-being of both the client and the cosmetologist. Additionally, gloves help prevent contamination. When performing various treatments, it's vital to maintain a sterile environment to avoid introducing pathogens or compromising product integrity. By wearing gloves, professionals help ensure that the chemicals being applied remain effective and safe, further enhancing the quality of service provided. In contrast, using gloves does not typically relate to reducing costs, maintaining warmth, or ensuring uniform application. The primary focus of wearing gloves is safety and hygiene, which is essential in the practice of cosmetology, especially when dealing with potentially hazardous products.

9. What is the purpose of a setting lotion?

A. To remove buildup from hair

B. To provide hold and structure to hairstyles

C. To moisturize dry hair

D. To enhance color vibrancy

A setting lotion is specifically designed to provide hold and structure to hairstyles. This product is particularly useful in preparing the hair for styling techniques such as curls, waves, or updos. It typically contains polymers and other film-forming agents that help create a lasting shape, enabling the hair to maintain its style throughout the day or during an event. Setting lotions work by allowing the stylist to mold and shape the hair, and then as the lotion dries, it helps the style remain intact. This makes it an essential product for achieving defined and structured hairstyles that require a longer wear time. Moisturizing or color enhancement products serve different purposes, focusing on hydration and vibrancy rather than structure and hold. Similarly, hair buildup removal is a completely distinct function, highlighting the specialized role that a setting lotion plays in hairstyling.

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10. Which skin type is most prone to acne?

A. Dry skin

B. Combination skin

C. Normal skin

D. Oily skin

Oily skin is the skin type most prone to acne due to the overproduction of sebum, which is the natural oil produced by the sebaceous glands. When there is an excess of oil, it can clog pores and create an environment conducive to the growth of bacteria, leading to inflammation and breakouts commonly associated with acne. Additionally, individuals with oily skin often experience enlarged pores, which can trap dirt, makeup, and dead skin cells, further exacerbating the likelihood of acne formation. This type of skin may require specific care strategies, such as the use of oil-free products and ingredients designed to manage oil production and prevent breakouts. Other skin types, such as dry, combination, and normal skin, generally do not produce excess oil at the same levels as oily skin, making them less susceptible to acne. While anyone can develop acne, the characteristics of oily skin clearly contribute to a higher likelihood of experiencing this common skin condition.

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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://newmexicocosmetology.examzify.com

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

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