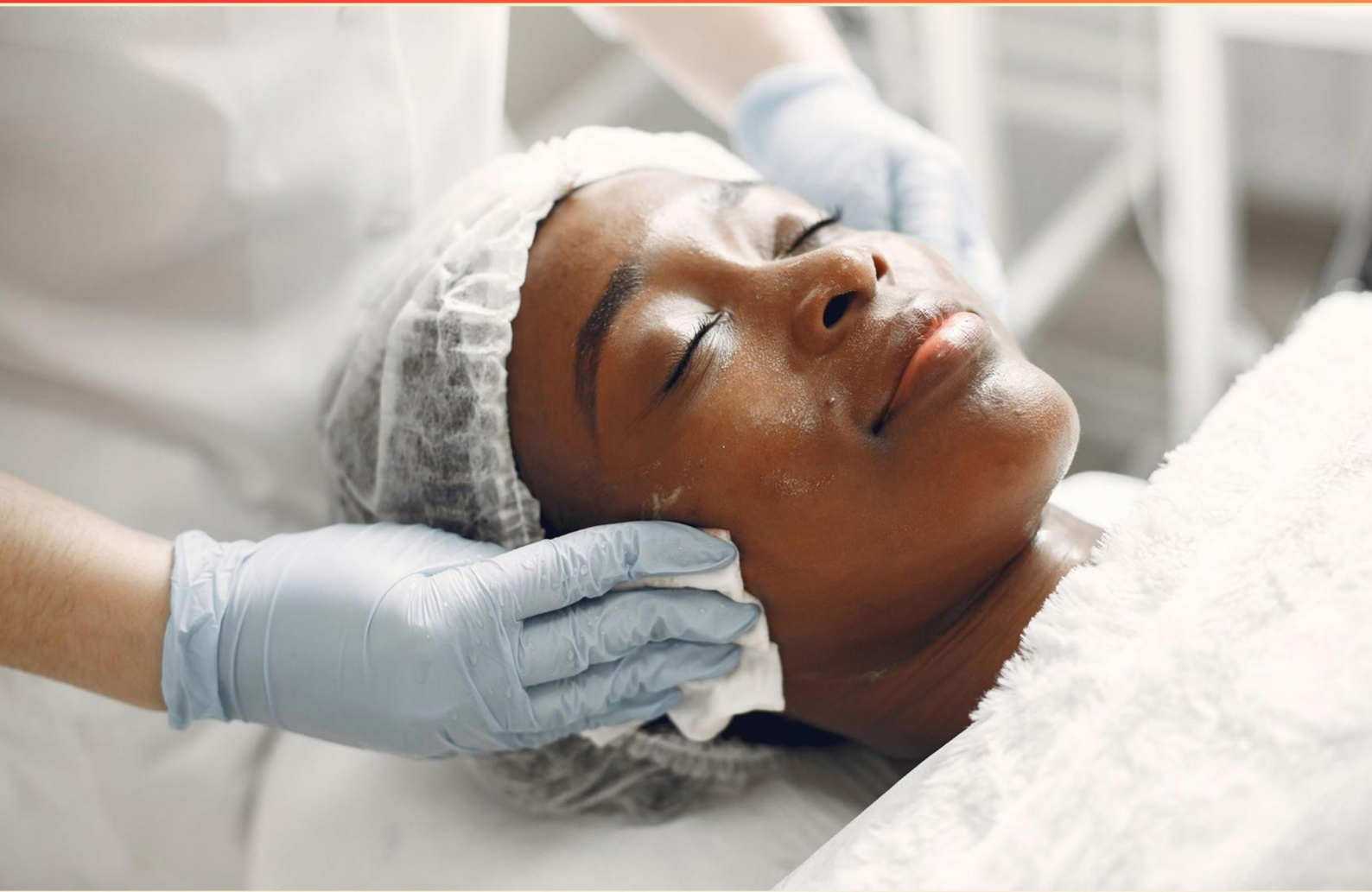


PIVOT POINT FUNDAMENTALS: ESTHETICS – HAIR REMOVAL 109E PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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.

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!

Questions

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- 1. Soft wax should be applied at a 45° angle in which direction relative to hair growth?**
 - A. In the direction of hair growth
 - B. Against the direction of hair growth
 - C. Perpendicular to hair growth
 - D. Circular motion around the area
- 2. Laser is an acronym for which phrase?**
 - A. Light amplification by stimulated emission of radiation
 - B. Light amplification by steady emission of radiation
 - C. Light absorption by stimulated emission of radiation
 - D. Laser energy by stimulated emission
- 3. Which of the following signs indicates an allergic reaction or sensitivity to wax?**
 - A. A mild redness that disappears within a few minutes is a sign of intolerance.
 - B. Redness, itching, swelling, hives, or blistering beyond normal irritation; discontinue use of product and advise medical attention if severe.
 - C. Allergic reactions are rare and don't require medical attention.
 - D. Swelling alone means nothing.
- 4. Inserting a single needle into a hair follicle for hair removal is called what?**
 - A. Thermolysis
 - B. Galvanic electrolysis
 - C. Blend method
 - D. Photoepilation
- 5. Vellus hair is the majority of hair found on the:**
 - A. Face
 - B. Scalp
 - C. Arms
 - D. Legs

- 6. What is the first step in shaping eyebrows with waxing?**
- A. Prep skin.
 - B. Skip prep.
 - C. Apply wax directly to dry skin.
 - D. Wax first, then cleanse.
- 7. Which factors influence the choice between hard wax and soft wax for a client?**
- A. Area to be waxed, skin sensitivity, hair density, and client preference.
 - B. Eye color and nail length.
 - C. Time of day and weather only.
 - D. Temperature of room and music choice.
- 8. The process of removing hair from the follicle is called?**
- A. Epilation
 - B. Depilation
 - C. Plucking
 - D. Shaving
- 9. The dormant or shedding phase of hair is known as the:**
- A. Anagen phase
 - B. Catagen phase
 - C. Telogen phase
 - D. Exogen phase
- 10. Hair that has curled back into the follicle with skin growing over it is called:**
- A. Keratosis
 - B. Folliculitis
 - C. Ingrown hair
 - D. Pseudofolliculitis barbae

Answers

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

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Explanations

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1. Soft wax should be applied at a 45° angle in which direction relative to hair growth?

- A. In the direction of hair growth
- B. Against the direction of hair growth
- C. Perpendicular to hair growth
- D. Circular motion around the area

The main idea is to apply soft wax in the same direction that the hairs grow. When you spread the wax along the growth direction, at about a 45° angle to the skin, the wax grips the hairs rather than sliding past them. This setting gives a smoother, thinner, more even layer that captures more hairs with less pull on the skin. After applying this way, you'll typically remove the wax quickly in the opposite direction of growth with a stripping motion, pulling hairs out from the root. If you applied the wax against the direction of growth, it tends to lift hairs poorly, catch on the skin, and cause more discomfort and breakage. Perpendicular or circular motions don't align with how the hairs lie, so they're less effective for grabbing hairs. So the best approach is: apply in the direction of hair growth.

2. Laser is an acronym for which phrase?

- A. Light amplification by stimulated emission of radiation
- B. Light amplification by steady emission of radiation
- C. Light absorption by stimulated emission of radiation
- D. Laser energy by stimulated emission

Laser stands for light amplification by stimulated emission of radiation. The phrase describes how the device creates a powerful beam of light: light is the type of energy produced, amplification means the light is increased in intensity as it travels through a gain medium, and stimulated emission is the process that generates new photons in step with the original one, producing coherent, directed light. Radiation here refers to the electromagnetic energy carried by the laser light. The other options mix up these ideas—steady emission isn't the mechanism, absorption contradicts how lasers generate light, and talking about laser energy rather than the light itself misses the fundamental process.

3. Which of the following signs indicates an allergic reaction or sensitivity to wax?

- A. A mild redness that disappears within a few minutes is a sign of intolerance.
- B. Redness, itching, swelling, hives, or blistering beyond normal irritation; discontinue use of product and advise medical attention if severe.
- C. Allergic reactions are rare and don't require medical attention.
- D. Swelling alone means nothing.

Allergic reactions to wax show up when the skin responds with multiple signs that go beyond normal irritation. Redness along with itching, swelling, hives, or blistering—and especially when these symptoms are more than what a typical waxing session would cause—indicate a potential sensitivity or allergy. In that case, you should discontinue use and advise the client to seek medical attention if the reaction is severe. A small, brief redness that fades quickly is usually just temporary irritation or intolerance, not an allergy. Swelling by itself isn't a definitive sign, but it becomes meaningful when it appears with other symptoms. The idea that allergic reactions are rare and don't require medical attention isn't accurate; any suspected allergy should be treated seriously and evaluated by a professional if symptoms worsen. So the presence of redness, itching, swelling, hives, or blistering beyond normal irritation—and the action to discontinue and seek medical care if severe—best signals an allergic reaction or sensitivity.

4. Inserting a single needle into a hair follicle for hair removal is called what?

- A. Thermolysis
- B. Galvanic electrolysis
- C. Blend method
- D. Photoepilation

Thermolysis works by delivering a high-frequency current through a fine needle placed into the hair follicle, creating rapid heat that coagulates and destroys the follicle's tissue. This immediate heating is what neutralizes the hair-producing structure in a brief moment, making it the method described when a single needle is used for hair removal. Galvanic electrolysis uses direct current to produce a chemical reaction (alkali) inside the follicle over a longer period, rather than rapid heating. The blend method combines both heating and chemical action, so it isn't pure thermolysis. Photoepilation relies on light energy to heat the follicle, not electrical current delivered through a needle.

5. Vellus hair is the majority of hair found on the:

- A. Face
- B. Scalp
- C. Arms
- D. Legs

Vellus hair refers to the fine, light-colored hair that covers most of the body and is less pigmented and shorter than terminal hair. On the face, this fine peach-fuzz type of hair is the predominant form, giving the face its soft, barely visible texture. The scalp is mainly terminal hair—thicker, darker strands—so it isn't dominated by vellus. Arms and legs have a mix of vellus and terminal hair, but the facial hair pattern is the one where vellus is most prevalent. So the face is where vellus hair makes up the majority.

6. What is the first step in shaping eyebrows with waxing?

- A. Prep skin.
- B. Skip prep.
- C. Apply wax directly to dry skin.
- D. Wax first, then cleanse.

Preparing the skin is the essential first step when shaping eyebrows with waxing. Cleaning removes makeup, oils, and debris so the surface is fresh and dry, which helps the wax grab the hair rather than pull on the skin. Lightly powdering after cleansing controls moisture and creates a smooth surface, improving wax performance and comfort. When the skin is clean and oil-free, you get a cleaner outline of the brow shape and more precise removal. Skipping prep leaves oils or makeup on the skin, which can cause the wax to cling to the skin instead of the hairs, leading to slower removal, more irritation, and a less defined shape. Applying wax to dry skin without proper cleansing misses the sanitation and adhesion benefits prep provides, and waxing first without skin prep can compromise results.

7. Which factors influence the choice between hard wax and soft wax for a client?

- A. Area to be waxed, skin sensitivity, hair density, and client preference.**
- B. Eye color and nail length.
- C. Time of day and weather only.
- D. Temperature of room and music choice.

When deciding between hard wax and soft wax, you look at practical service factors: the area being treated, skin sensitivity, hair density, and what the client prefers. Hard wax is especially well-suited for small, delicate areas (like the face or bikini line) where you want precise adhesion and minimal skin contact. It grips the hair as it cools and is peeled away by hand, which often means less irritation for sensitive skin and a gentler option in sensitive zones. Soft wax, spread thin over larger areas and removed with strips, is efficient for big surfaces with more hair to remove, like legs or back, where speed matters and you're dealing with higher volume. Skin sensitivity and hair density also guide the choice. For sensitive or easily irritated skin, hard wax's gentler pull can reduce redness and irritation. For coarser or denser hair, soft wax's strong grip over larger areas can be more effective and quicker, though it can be tougher on sensitive skin if not used carefully. Client preference matters too—some may prefer the feel and lower residue of hard wax, while others want the speed and convenience of soft wax. The other factors listed (eye color, nail length, time of day, weather, room temperature or music choice) don't determine which wax type to use, though room temperature can affect wax consistency slightly; it isn't the primary decision factor.

8. The process of removing hair from the follicle is called?

- A. Epilation**
- B. Depilation
- C. Plucking
- D. Shaving

Removing hair from the follicle means pulling the hair out by the root rather than cutting it at the skin's surface. That is epilation. Methods like waxing, threading, and tweezing pull the hair from the root, which is why they're described as epilation. Shaving or using depilatories removes hair at or near the surface and doesn't remove the root, so they're not epilation. Plucking is a specific technique that also removes hair from the root, but the general process of removing hair from the follicle is best described as epilation.

9. The dormant or shedding phase of hair is known as the:

- A. Anagen phase
- B. Catagen phase
- C. Telogen phase**
- D. Exogen phase

Hair grows in cycles: a growth phase, a transition phase, and a resting phase. The resting or dormant stage is when the follicle isn't producing new hair, and the old hair is held in place until it eventually sheds to make room for a new growth cycle. That dormant rest period is called telogen. Some sources separate shedding into its own phase called exogen, but the term that fits a dormant/shedding description most directly is telogen.

10. Hair that has curled back into the follicle with skin growing over it is called:

A. Keratosis

B. Folliculitis

C. Ingrown hair

D. Pseudofolliculitis barbae

This describes an ingrown hair. When a hair grows back into the follicle instead of exiting the skin, it can curl under the surface and be surrounded by skin growth, causing a bump and sometimes irritation. This is a common occurrence after hair removal methods like shaving or waxing, especially with curly or coarse hair. The other terms are different: keratosis is a buildup of keratin that forms rough skin patches, not about hair growing direction. Folliculitis is inflammation or infection of the hair follicle, which can accompany ingrown hairs but is a separate process. Pseudofolliculitis barbae is the beard-area inflammation caused by shaving curly hair that becomes ingrown, but the basic hair behavior described is ingrown hair.

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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://pivotpoint109e.examzify.com>

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

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