pre test scalp and haircare

True/False
Indicate whether the statement is true or false.

___  1. Dry shampoo is applied to the ends of the hair and then brushed through.

___  2. Excessive oiliness of the hair and scalp can be caused by an overactive sudoriferous gland.

___  3. A client that has Diabetes and is under a doctor’s care may receive a scalp massage.

___  4. The best shampoo to use on normal hair is Paul Mitchell Shampoo One.

___  5. When shampooing, the plastic cape is positioned on the outside of the shampoo chair.

___  6. Clarifying Shampoo can be used before a chemical service.

Multiple Choice
Identify the choice that best completes the statement or answers the question.

___  7. One of the most important experiences that a stylist provides is a _____.
   a. facial massage
   b. shampoo
   c. color service
   d. consultation

___  8. Often called simply “the shampoo,” this first step of the service actually encompasses three different processes: scalp care and massage, shampooing, and ______.
   a. hair cutting
   b. color
   c. conditioning
   d. blow drying

___  9. What are the two basic requirements for maintaining a healthy scalp?
   a. Sunlight and nutrition
   b. Scrubbing and oiling
   c. Washing and drying
   d. Cleanliness and stimulation

___  10. When are scalp treatments performed?
   a. Before the shampoo only
   b. During the shampoo only
   c. Before or during the shampoo
   d. After the shampoo only
11. _____ is contraindicated, or not recommended, for clients with severe, uncontrolled hypertension.
   a. Shampooing
   b. Color services
   c. Scalp Massage
   d. Heat treatments

12. What factor differs between a relaxation scalp massage and a treatment scalp massage?
   a. The products that are used
   b. The amount of pressure that is used
   c. The person who is performing the massage
   d. The location of the massage

13. A stylist should recommend a hair or scalp treatment only after having performed a(n) _____.
   a. shampoo procedure
   b. hair and scalp examination
   c. conditioning treatment
   d. abrasion test

14. During a dry hair and scalp treatment, a _____, which resembles a hooded dryer, can be used to help resolve the moisture balance in the hair.
   a. scalp steamer
   b. scalp shampooer
   c. scalp dryer
   d. scalp massager

15. Modern antidandruff shampoos, conditioners, and topical lotions contain antifungal agents that control dandruff by suppressing the growth of a bacteria called _____.
   a. staphylococci
   b. streptococci
   c. salmonella
   d. malessezia

16. Brushing, massaging, or shampooing the scalp is not recommended if the scalp is irritated, prior to a chemical or haircolor service, or before/after a _____ service.
   a. highlighting
   b. facial
   c. massage
   d. consultation

17. Brushes with _____ bristles have many tiny overlapping layers or scales, which clean and add luster to the hair.
   a. natural
   b. nylon
   c. rounded
   d. synthetic
18. If you encounter a client with any open wounds, reddened scalp irritations, abnormal scalp flaking, or infectious disease, discontinue the service(s) and refer them immediately and tactfully to a(n) _____.
   a. emergency clinic
   b. physician
   c. center of disease control
   d. alternative salon

19. To be effective, a shampoo must remove all dirt, oils, cosmetics, and skin debris without _____.
   a. clarifying the scalp and hair
   b. cleaning residue and products
   c. adversely affecting the scalp or hair
   d. stripping hair of bacteria

20. Hair should be shampooed _____.
   a. only when dirty
   b. as often as necessary
   c. once a day
   d. once a week

21. Maintaining good _____ while shampooing will prevent unnecessary muscle aches, back strain, and fatigue.
   a. motion
   b. balance
   c. leverage
   d. posture

22. Hair that has been lightened, colored, permed, chemically relaxed, or processed with a keratin straightener is called _____.
   a. overprocessed
   b. reactivated
   c. chemically treated
   d. synthetic

23. Products are classified as either an alkaline solution or an acidic solution by measuring the amount of _____ in the solution.
   a. hydrogen
   b. elements
   c. acids
   d. atoms

24. What type of shampoo can leave the hair dry, brittle, porous, and causes fading in colored treated hair?
   a. Low-pH shampoo
   b. Color-treated shampoo
   c. Acid-balanced shampoo
   d. High-pH shampoo

25. Water is the most abundant and important element on Earth and is classified as a(n) _____.
   a. complete solvent
   b. natural solvent
   c. universal solvent
   d. acidic solvent
26. Fresh water from lakes and streams is purified by _____, in which matter is allowed to sink to the bottom of the collecting reservoir.
   a. sedimentation  
   b. distillation  
   c. filtration  
   d. evaporation

27. What is a treatment that passes water through a porous substance, such as charcoal or a filter, for purification purposes?
   a. Sedimentation  
   b. Distillation  
   c. Filtration  
   d. Evaporation

28. What chemical is added to fresh water before it enters the public water pipelines for the purpose of providing additional water purification by killing common bacteria?
   a. Hydrogen  
   b. Oxygen  
   c. Sodium  
   d. Chlorine

29. What water purification process is used in the manufacture of cosmetics, in which water is heated until it becomes a vapor, then collected as a liquid?
   a. Sedimentation  
   b. Distillation  
   c. Evaporation  
   d. Filtration

30. It is important for the stylist to determine if the local water supply to the salon is _____ because it may affect the outcome of the clients’ chemical services.
   a. dirty or clean  
   b. soft or hard  
   c. public or private  
   d. fresh or salty

31. The main ingredient in most shampoos is _____.
   a. detergent  
   b. botanicals  
   c. surfactants  
   d. water

32. _____ water has had impurities, such as calcium, magnesium, and other metal ions, removed.
   a. Deionized  
   b. Ionized  
   c. Distilled  
   d. Purified
33. Ingredients in shampoos, as well as all other manufactured products, are listed on the packaging according to the percentages of each ingredient or in _____.
   a. descending order
   b. ascending order
   c. volume order
   d. alphabetical order

34. The second ingredient listed in most shampoos is the _____, or base detergent, which contains the surface active cleaning agents.
   a. botanical ingredients
   b. biotin compounds
   c. foam enhancers
   d. primary surfactant

35. What term describes the water-attracting head of a surfactant molecule?
   a. Deionized
   b. Hydrophilic
   c. Lipophilic
   d. Chlorinated

36. The lipophilic tail of a surfactant molecule is considered to be _____.
   a. water-resistant
   b. water-loving
   c. oil-resistant
   d. oil-attracting

37. What are the shampoos that help close the hair cuticle and are balanced to the pH of skin and hair by the addition of citric, lactic, or phosphoric acid?
   a. pH-balanced shampoos
   b. Alkaline-balanced shampoos
   c. Alkaline-based shampoos
   d. Deionized shampoos

38. _____ shampoo, also known as moisturizing shampoo, is designed to make the hair appear smooth and shiny and to improve the manageability of the hair.
   a. Balancing
   b. Conditioning
   c. Medicated
   d. Neutralizing

39. _____ shampoos contain special chemicals or drugs that are effective in reducing dandruff or relieving other scalp conditions, and may sometimes be prescribed by a physician.
   a. Clarifying
   b. Conditioning
   c. Balancing
   d. Medicated
40. Which type of shampoo, containing an active chelating agent, should be used when a buildup on the hair is evident and prior to all chemical services?
   a. Conditioning shampoo
   b. Balancing shampoo
   c. Medicated shampoo
   d. Clarifying shampoo

41. What type of shampoo washes away excess oiliness while preventing the hair from drying out?
   a. Clarifying
   b. Conditioning
   c. Balancing
   d. Medicated

42. What type of shampoo, also known as powder shampoo, cleanses the hair without the use of soap and water?
   a. Clarifying
   b. Conditioning
   c. Medicated
   d. Dry

43. Shampoos, sometimes called soap-free shampoos, are formulated with little to no alkaline soap base, are compatible with hair and soft water sources, and are known to be sensitive to artificial hair color.
   a. Sulfate-free
   b. Conditioning
   c. Medicated
   d. Neutralizing

44. A shampoo is designed to re-balance the pH level of your hair by neutralizing any alkali and unwanted residues in the hair.
   a. balancing
   b. conditioning
   c. medicated
   d. neutralizing

45. Shampoos that are created by combining the surfactant base with basic color pigments are called ______.
   a. moisturizing shampoos
   b. clarifying shampoos
   c. color-enhancing shampoos
   d. neutralizing shampoos

46. What type of shampoo is manufactured with artificial protein molecules added to the base to cling to the natural protein in the hair and give it extra strength?
   a. Keratin
   b. Conditioning
   c. Medicated
   d. Neutralizing
47. What special chemical agents are applied to the hair after shampooing, to deposit protein or moisturizer to help restore the hair’s strength, infuse moisture, give hair body, and protect hair against possible breakage?
   a. Shampoos
   b. Conditioners
   c. Keratin
   d. Medications

48. What substances absorb moisture or promote the retention of moisture in the hair?
   a. Astringents
   b. Humectants
   c. Keratin
   d. Deionized

49. _____ conditioners are products designed to penetrate the cortex and reinforce the hair shaft from within while temporarily reconstructing the hair.
   a. Astringent
   b. Protein
   c. Keratin
   d. Deionized

50. Which type of conditioning agent is used after a scalp treatment and before styling to remove oil accumulation from the scalp?
   a. Scalp conditioners
   b. Scalp astringent lotions
   c. Spray-on thermal protectors
   d. Deep-conditioning treatments

51. _____, also known as hair masks or conditioning packs, are chemical mixtures of concentrated proteins and intensive moisturizers.
   a. Scalp conditioners
   b. Scalp astringent lotions
   c. Spray-on thermal protectors
   d. Deep-conditioning treatments

52. A _____ draping is also known as a wet draping.
   a. shampoo
   b. color service
   c. scalp treatment
   d. cape

53. A _____ strip is less bulky than terry cloth towels and will allow a natural fall to the hair for more precision while cutting.
   a. hair
   b. neck
   c. scalp
   d. color
54. When securing a cape as draping for a basic shampoo, do not let the cape touch the _____.
   a. client’s skin  
   b. shampoo sink  
   c. client’s towel  
   d. shampoo chair  

55. Do not massage or manipulate a client’s scalp if you detect the presence of _____.
   a. color  
   b. keratin  
   c. medication  
   d. abrasions  

56. During the shampoo procedure, apply small quantities of shampoo to the hair beginning at the _____.
   a. crown area  
   b. nape area  
   c. hairline  
   d. ear area  

57. When manipulating the scalp during a shampoo, begin at the front hairline and work in a(n) _____.
   a. side-to-side movement  
   b. up-and-down movement  
   c. back-and-forth movement  
   d. zigzag movement  

58. The preservice procedure includes
   a. assisting client with paying for service  
   b. setting up your work area  
   c. completing haircut  
   d. scheduling client for next appointment  

59. How many towels are used for a chemical drape?
   a. one  
   b. three  
   c. none  
   d. two
pre test scalp and haircare
Answer Section

TRUE/FALSE

1. ANS: F PTS: 1
2. ANS: F PTS: 1
3. ANS: T PTS: 1
4. ANS: T PTS: 1
5. ANS: T PTS: 1
6. ANS: T PTS: 1

MULTIPLE CHOICE

7. ANS: B PTS: 1 REF: Page 322
8. ANS: C PTS: 1 REF: Page 322
9. ANS: D PTS: 1 REF: Page 323
10. ANS: C PTS: 1 REF: Page 323
11. ANS: C PTS: 1 REF: Page 324
12. ANS: A PTS: 1 REF: Page 324
13. ANS: B PTS: 1 REF: Page 324-325
14. ANS: A PTS: 1 REF: Page 325
15. ANS: D PTS: 1 REF: Page 325
16. ANS: A PTS: 1 REF: Page 326
17. ANS: A PTS: 1 REF: Page 326
18. ANS: B PTS: 1 REF: Page 327
19. ANS: C PTS: 1 REF: Page 327
20. ANS: B PTS: 1 REF: Page 327
21. ANS: D PTS: 1 REF: Page 328
22. ANS: C PTS: 1 REF: Page 328
23. ANS: A PTS: 1 REF: Page 329
24. ANS: D PTS: 1 REF: Page 329
25. ANS: C PTS: 1 REF: Page 329
26. ANS: A PTS: 1 REF: Page 329
27. ANS: C PTS: 1 REF: Page 329-330
28. ANS: D PTS: 1 REF: Page 330
29. ANS: B PTS: 1 REF: Page 330
30. ANS: B PTS: 1 REF: Page 330
31. ANS: D PTS: 1 REF: Page 330
32. ANS: A PTS: 1 REF: Page 330
33. ANS: A PTS: 1 REF: Page 330
34. ANS: D PTS: 1 REF: Page 330
35. ANS: B PTS: 1 REF: Page 330
36. ANS: D PTS: 1 REF: Page 330
37. ANS: A PTS: 1 REF: Page 332
38. ANS: B PTS: 1 REF: Page 332
39. ANS: D PTS: 1 REF: Page 332
40. ANS: D PTS: 1 REF: Page 332-333
41. ANS: C PTS: 1 REF: Page 333
42. ANS: D PTS: 1 REF: Page 333
43. ANS: A PTS: 1 REF: Page 333-334
44. ANS: D PTS: 1 REF: Page 334
45. ANS: C PTS: 1 REF: Page 334
46. ANS: A PTS: 1 REF: Page 334
47. ANS: B PTS: 1 REF: Page 335
48. ANS: B PTS: 1 REF: Page 335
49. ANS: B PTS: 1 REF: Page 336
50. ANS: B PTS: 1 REF: Page 336
51. ANS: D PTS: 1 REF: Page 337
52. ANS: A PTS: 1 REF: Page 337
53. ANS: B PTS: 1 REF: Page 337-338
54. ANS: A PTS: 1 REF: Page 346
55. ANS: D PTS: 1 REF: Page 348
56. ANS: C PTS: 1 REF: Page 349
57. ANS: C PTS: 1 REF: Page 349
58. ANS: B PTS: 1
59. ANS: D PTS: 1
pre test scalp and haircare [Answer Strip]

ID: A


F 1.  A 12.

F 2.

T 3.


T 5.


A 14.


C 19.

C 27.

D 34.


B 30.

B 30.

B 30.

B 30.

B 30.

B 30.

B 30.
pre test scalp and haircare [Answer Strip]  

D 40.  B 47.  A 54.  


D 42.  B 49.  C 56.  


B 58.  

D 44.  D 51.  D 59.  

C 45.  A 52.  

A 46.  B 53.