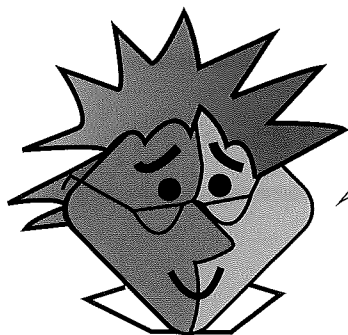


Chapter 7

TRICHOLOGY



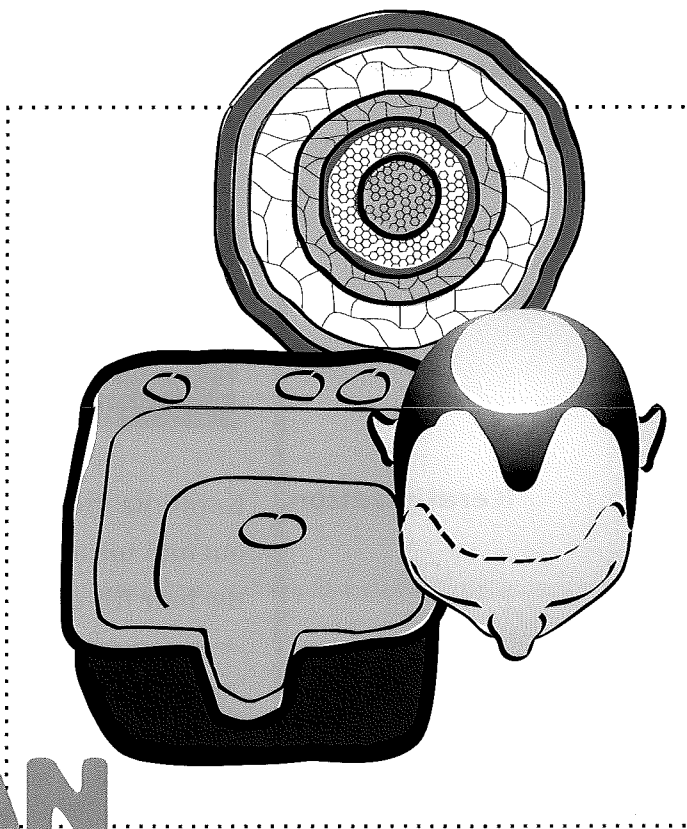
Look for patterns in everything you learn... these patterns are the keys to understanding.

VALUE

Your shampoo and massage ability increases as you learn more about hair theory and care.

Knowledge of the study of hair + care and skill during shampoo and massage = quality salon services

BIG IDEA



PLAN

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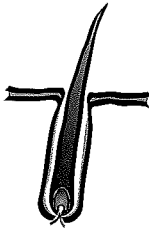
Chapter 7: Trichology

HAIR THEORY

pages 181-183

Trichology

Hair Bulb Formation



Three Shapes of Follicles

Hair Growth

Papilla

Three Major Layers

Keratinization

Three Stages of Growth

First
Then
Finally

The study of hair

The hair follicle forms from a cluster of cells in the upper layer of skin **Two primary parts of the hair**

HAIR ROOT

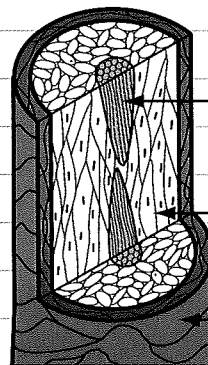
Inside the hair follicle; from which the hair grows

HAIR FIBER

portion of hair that extends above skin's surface

- Round
- Oval
- Elliptical

Filled with capillaries that supply nourishment to the cells around it



Medulla - Central core of hair shaft

Cortex - Inside of second layer of the hair shaft

Cuticle - the outer covering of the hair shaft

Keratinization is a process whereby cells change their shape, dry out and form keratin protein. Once keratinized, the cells that form the hair fiber or strand are no longer alive.

STAGE	COMMON NAME	CHARACTERISTIC
Anagen	active growing	attached root sheath
Catagen	transitional	cell division stops
Telogen	resting stage	no attached root sheath

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Chapter 7: Trichology

HAIR THEORY

pages 184-186

Hair Structure and Behavior

Three Factors That Affect Behavior

Cuticle/Cortex Ratio

- Heredity - genes inherited from parents
- Environment - air, moisture, will alter some bonds
- Products/Appliances - eg. shampoos, curling irons

90% cortex; 10% cuticle

Natural Hair Color



1. Genes - determine number of melanocytes
2. Melanin - cells that exist among dividing cells
3. Melanocytes - rests near hair bulb center
4. Size, type, distribution of melanosome

Albinism

A total lack of pigmentation in the hair and skin

HAIR CARE

pages 187-188

Hair Evaluation

Texture

- | TYPES | CHARACTERISTICS | NOTES |
|-----------|-----------------|-------|
| 1. Fine | feel of silk | |
| 2. Medium | feel of cotton | |
| 3. Coarse | feel of wool | |

Density

1. Thick (heavy) more active follicles
2. Thin (light)
3. Medium (medium)

Porosity

1. Resistant (poor) - absorbs least amount of moisture
2. Average - normal ability to absorb moisture
3. Extreme - not in good condition; extreme absorption

Elasticity

The ability of hair to stretch and return to its original shape without breaking

Test for Structural Strength

1. Remove strand of hair
2. Hold between thumb and forefinger; ribbon
3. Pull hair taut for 10 seconds; release

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Common Hair Conditions

Fill in the missing elements for the following charts.

	ALSO KNOWN AS	CAUSE/TREATMENT
Broken Hair	Abraided	From excessive stretching, chemical treatment
Split Ends	Fragilitis Crinium and trichoptilosis	Protein conditioner to seal or cut ends off
Matting	Pilica Polonica	Mass of hair strands tangled together; cut hair
Nodules	Trichorrhesis Nodosa	Caused by poorly performed chemical services
Canities	Gray or white hair	Congenital or illness
Ringed Hair		Alternating bands of gray and dark exist
Hypertrichosis	Hirsuties	Abnormal coverage of hair on the body; tweeze, electrolysis, wax
Monilethrix		Conditioning treatments may be given

Common Scalp Conditions

	MEDICAL TERM	DESCRIPTION	TREATMENT
Disorders			
Psoriasis	Psoriasis	Thick, crusty patches of red irritated scalp	refer client to physician
Dandruff	Pityriasis	Overabundance of epithelial cells	medicated shampoo, high frequency
Dry Dandruff	Pityriasis Capities Simplex	Dry epithelial cells attached to scalp (itchy)	mild shampoo, antiseptic
Greasy or Waxy Dandruff	Pityriasis Steatoides	Epithelial cells combine with sebum	medical treatment
Itch Mite	Scabies	Red and watery vesicles or pus filled areas	refer client to physician
Head Lice	Pediculosis Capitis	Infestation on the scalp	Refer client to physician
Diseases			
Ringworm	Tinea	Red circular patch of small blisters	Refer client to physician
Ringworm of the Scalp	Tinea Capitis	Enlarged, open hair follicles surrounded by red spots	Refer client to physician
Honeycomb Ringworm	Tinea Favosa	Dry, yellow, encrusted areas on the scalp	Refer client to physician

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Chapter 7: Trichology

HAIR CARE

pages 191-196

Hair Loss

Normal Hair Loss

40 - 100 strands a day

Androgenetic Hair Loss

Androgenetic Alopecia

Alopecia or excessive hair loss

A combination of heredity, hormones and age which causes shrinking of follicles

Males

Known as male pattern baldness

Females

Thinning of the hair

Other Types of Hair Loss

Postpartum alopecia - temporary hair loss

Alopecia areata - sudden loss of hair; irregular patches

Other Types of Hair Loss

Telogen Effluvium - premature shedding of hair

Traction or traumatic alopecia - hair loss from pulling or twisting

Hair Loss Treatments



1. FDA approved products
2. Products that provide ideal environment for new growth
3. Surgical options
4. Wigs, toupees, hair additions, weaving
5. Cosmetic hair thickeners

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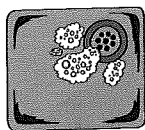


Chapter 7: Trichology

DRAPING, SHAMPOOING AND SCALP MASSAGE

pages 197-201

Purpose of Shampooing



Draping Theory



Shampooing and Conditioning Theory

Water

Soft

Hard

Brushing and Combing

Scalp Massage Theory

Important Steps

To cleanse the scalp and hair by removing dirt, oils and product build-up

Prior to hair care services; to protect client's skin and clothing

Performed before most services except before certain color and chemical services

Generally preferred for shampooing, rain water or chemically treated water

Contains minerals, does not allow shampoo to lather freely

- Removes tangles
- Stimulates blood circulation
- Removes dust, dirt and build up

Involves manipulations performed on the scalp for relaxation

- Establish a soothing or stimulating rhythm
- Maintain contact with the client throughout the manipulations
- Manipulations with firm, controlled movements
- Keep fingernails at a moderate length

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Chapter 7: Trichology

DRAPING, SHAMPOOING AND SCALP MASSAGE

pages 201; 214-215

Effleurage

Petrissage

Tapotement

Friction

Vibration

Aromatherapy

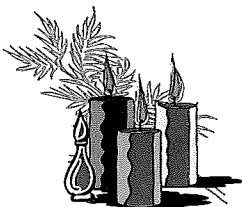
Normal Hair

Oily Hair and Scalp

Dry Hair and Scalp

Oily Dandruff

Alopecia (Hair Loss)



Five Basic Manipulations of Massage

MOVEMENT	EFFECT
Light, gliding strokes or circular motions made with palm	Relaxing, soothing
Light or heavy kneading and rolling of the muscles between the thumb and fingers	Deep stimulation of muscles, nerves and skin glands
Light tapping or slapping movements applied with the fingers	Deep stimulation of muscles, nerves and skin glands
Circular movement with no gliding used on scalp or with a facial	Stimulates nerves and increases circulation
Shaking movement	Highly stimulating

Directions: Using the words in the Jump-Start-Box, fill in the blanks for the conditions in the left-hand column.

Rosemary	Chamomile	
Patchouli	Cedarwood	Clary Sage
Ylang Ylang	Sandalwood	Lavender
Lemon	Rosemary	Thyme
Cedarwood		
Sandalwood	Bay	Lavender
Clary Sage	Rosemary	

JUMP-START BOX

Rosemary	Thyme	Patchouli
Clary Sage	Cedarwood	Chamomile
Lavender	Lemon	Bay
Sandalwood	Ylang Ylang	

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TALKING POINTS

Your next challenge is to be ready to talk about some of the important ideas in this chapter. Follow the directions listed next to each box. Then practice talking about your ideas with others.

1. Hair follicle forms from a cluster of cells
 2. Works its way down into the lower layer of skin
 3. Cell cluster pulls upper layer down creating a pocket
- Stages of growth are anagen or active stage, catagen or transition stage and telogen or resting stage

Describe the process of hair follicle formation and the stages of hair growth.

Medulla - central core - no importance (sometimes is absent)
Cortex - 2nd layer - pigment and strength (elasticity)
Cuticle - outer covering of hair shaft

Explain the three layers of hair and their importance to cosmetologists.

DISORDER	DESCRIPTION	CAUSE
Broken Hair	abraded	excessive stretching
Split Ends	small cracks in cuticle	brittle condition
Matting	tangled hair strands	excessive hair lightening
Nodules	lumps or swelling of shaft	chemical, mechanical or inherited
Canities	grayness or whiteness	illness, nervousness or heredity
Ringed	alternating bands of gray and dark	
Hypertrichosis	abnormal coverage of hair	
Monilethrix	beads or nodes on hair shaft	

Discuss the eight common hair disorders and their causes.

THE CHALLENGE

Now it's time to see how well you know your new material. First answer these questions. Then use the Memory Box that follows to check yourself. Look up each answer on the corresponding page in the *Salon Fundamentals* textbook. Check "got it" for all correct answers and "not yet" for all incorrect responses. Using the "Know Chart," record all of your correct responses in the "I Know" column. After correcting incorrect answers, record all of your corrected responses in the "I Need to Study" column. That way you know exactly what to review before continuing in this Guide.

1. What are the three major layers of the hair? _____
2. Hair is primarily made of _____, which is made from the linking together of _____.
3. What three factors dictate why everyone's hair is so different, even though all hair is primarily made of the same thing?

4. TRUE FALSE The cuticle is the protective part of the hair shaft and is made up of a harder protein than the cortex.
5. The size, type and distribution of _____ will determine the natural color of hair.
6. _____ is the brown/black in color and _____ is the red in color.
7. During your professional analysis of a client's hair fiber, a number of observations will alert you to possible problems you might encounter as you service the hair. List seven of these observations. _____

8. TRUE FALSE A dryer or a curling iron could cause the hair to become brittle and the cortex of the hair could melt
9. The most common form of hair loss is androgenetic alopecia. What are some of the other types of hair loss?

10. TRUE FALSE The FDA has ruled that products claiming hair regrowth or hair loss prevention cannot be marketed without prior FDA review and approval.

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MEMORY BOX

got it		1. page 182
not yet		
got it		2. page 183
not yet		
got it		3. page 184
not yet		
got it		4. page 185
not yet		
got it		5. page 186
not yet		
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got it		7. page 189, 190
not yet		
got it		8. page 190
not yet		
got it		9. page 195
not yet		
got it		10. page 195
not yet		

KNOW

CHART

I Know:

1. medulla, cortex, cuticle
2. protein, amino acids
3. heredity, environment, products or appliances used
4. TRUE
5. melanosomes
6. eumelanin, pheomelanin
7. broken hair, split ends, matting, nodules, canities, ringed hair, hypertrichosis, monilethrix
8. TRUE

I Need to Study:

9. postpartum alopecia, alopecia areata, telogen effluvium, traction or traumatic alopecia
10. TRUE

SHOW YOU KNOW...

The chapter you just reviewed, "Trichology," offers information to assist you in reaching the level of performance indicated by this Industry Standard:

Consult and provide services in a safe environment while using a variety of salon products that can be marketed to the client.

Show You Know...

Pair up with a partner and show you know how to shampoo by providing a shampoo service on each other for evaluation. Shown below is a score sheet to use for each other. Score 1 point for each area successfully completed by your partner. Show you know by earning all 10 points!

1st Partner

- ___ You were welcomed with a warm greeting and handshake.
- ___ You were properly draped for the shampoo service.
- ___ Communication was professional, friendly and pertained to the service.
- ___ Examination of your scalp and hair was performed prior to the service.
- ___ Your hair was brushed and tangles were removed comfortably.
- ___ Water temperature and pressure was comfortable.
- ___ The massage manipulations were performed in a comfortable, confident manner.
- ___ Concern was exhibited to not allow your face or clothing to become wet.
- ___ Thorough lathering and rinsing procedures were followed.
- ___ Your hair was adequately towel-dried and detangled following the service.
- ___ **Total Points**

2nd Partner

- ___ You were welcomed with a warm greeting and handshake.
- ___ You were properly draped for the shampoo service.
- ___ Communication was professional, friendly and pertained to the service.
- ___ Examination of your scalp and hair was performed prior to the service.
- ___ Your hair was brushed and tangles were removed comfortably.
- ___ Water temperature and pressure was comfortable.
- ___ The massage manipulations were performed in a comfortable, confident manner.
- ___ Concern was exhibited to not allow your face or clothing to become wet.
- ___ Thorough lathering and rinsing procedures were followed.
- ___ Your hair was adequately towel-dried and detangled following the service.
- ___ **Total Points**

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RUBRIC

This rubric is a self-assessment tool designed to compare your skill to industry standards. Indicate your present level of performance by checking the appropriate box. See overview for instructions.



Wet Hair Service Draping, Shampooing and Conditioning

Industry Standard – to meet entry level proficiency, Industry Standards require that you:

- Provide hair-related services in accordance with a client's needs or expectations in a safe environment.

Preparation

- Assemble the essential products, implements/supplies and equipment for the procedure

Level 1 Level 2 Level 3 To Improve, I Need To: Teacher Assessment

Procedure

- Wash and sanitize hands
- Ask client to remove jewelry and glasses and secure in a safe place
- Clip client's hair out of the way
- Turn client's collar inward if applicable
- Place towel lengthwise over client's shoulders, cross ends in front
- Position plastic cape over towel and secure
- Examine the client's hair and scalp
- Position cape over shampoo chair
- Brush the hair
- Test the temperature and pressure of the water; wet the hair; apply shampoo
- Perform scalp massage manipulations
- Rinse thoroughly; repeat shampoo and rinse procedures if necessary
- Apply rinse or conditioner; rinse thoroughly
- Towel dry client's hair; detangle the hair

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Completion

- Clean shampoo service area before continuing with client; ensure there is no water left standing in the shampoo service area
- Discuss the products you used on the client and proceed to the next service.

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Total = addition of all Teacher Assessment boxes

Total

51

Percentage = student score / highest possible score

Percentage

____%

RUBRIC



This rubric is a self-assessment tool designed to compare your skill to industry standards. Indicate your present level of performance by checking the appropriate box. See overview for instructions.

Basic Scalp Massage

Industry Standard – to meet entry level proficiency, Industry Standards require that you:

- Provide hair-related services in accordance with a client's needs or expectations in a safe environment.

Preparation

- Assemble the essential products, implements/supplies and equipment for the procedure

Procedure

- Wash and sanitize hands
- Drape client for a wet hair service
- Detangle hair
- Apply scalp product
- Perform effleurage scalp manipulations
- Perform petrissage scalp manipulations
- Perform effleurage scalp manipulations
- Perform tapotement
- Rotate the scalp
- Conclude scalp massage
- Shampoo client's hair
- Dry hair or move to next service

Completion

- Discuss and offer a rebook visit
- Recommend appropriate retail products to your client
- Clean your work area

Level 1 Level 2 Level 3 To Improve, I Need To: Teacher Assessment

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Total = addition of all Teacher Assessment boxes

Total

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48

Percentage = student score / highest possible score

Percentage

_____%

BRAIN CONDITIONER

Multiple choice. Circle the correct answer.

1. The technical name for the study of hair is:
a) trichology b) hairology c) biology d) cosmetology
2. Which of the following items is alive?
a) hair fiber b) hair bulb c) hair strand d) keratin
3. The cluster of cells in the epidermis from which the hair follicle forms is called the:
a) hair fiber b) hair strand c) primitive hair germ d) root sheath
4. The root sheath of hair is typically oval or round in:
a) kinky hair b) curly hair c) wavy or straight hair d) coarse hair
5. What item needs nourishment to grow into a fully developed hair follicle?
a) primitive hair germ b) cortex c) root sheath d) cuticle
6. Which of the following functions is NOT one of the main purposes of hair?
a) support b) adornment c) protection from cold d) protection from injury
7. Which item produces oil and sends it up through the hair follicles to the surface of the skin?
a) papilla b) root sheath c) sebaceous gland d) arrector pili
8. Which section of the hair structure is the area where mitosis takes place?
a) germinal matrix b) root sheath c) hair follicle d) cuticle
9. The outer covering of the hair fiber is called the:
a) sebum b) medulla c) cuticle d) cortex
10. What does sebum mix with to form the acid mantle?
a) perspiration b) oil c) amino acid d) protein
11. What layer of the hair fiber gives hair its pigment and elasticity?
a) cuticle b) cortex c) medulla d) sebum
12. Which layer of hair may be absent in fine or very fine hair?
a) cuticle b) outer c) medulla d) cortex
13. The helix or coil shape of what part of the hair follicle gives hair the ability to stretch?
a) medulla b) cortex c) cuticle d) root sheath
14. Hair falls out during which stage of growth?
a) active b) anagen c) catagen d) telogen
15. On the average, what stage of hair growth lasts from two to six years?
a) resting b) anagen c) catagen d) telogen
16. Which of these factors does NOT affect hair growth?
a) frequent exercise b) disease c) lack of vitamins d) medication
17. Which of these factors does NOT influence the behavior of hair?
a) heredity b) temperature outside c) environment d) products or appliances

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18. How is the protein in the cuticle different than the protein in the cortex?
 - a) harder than
 - b) more elastic
 - c) softer than
 - d) more abundant
19. Which of the following statements describes fine hair?
 - a) may be up to 40 % cuticle
 - b) may be more receptive to permanent waves
 - c) may not have any cuticle at all
 - d) may be less than 10% cuticle
20. What structures group together and form bundles called melanosomes?
 - a) amino acids
 - b) proteins
 - c) melanocytes
 - d) keratin
21. Melanin in brown/black hair is called:
 - a) pheomelanin
 - b) eumelanin
 - c) albinism
 - d) melanosome
22. The number of melanocytes in the hair and pigment produced is determined by:
 - a) papilla
 - b) genes
 - c) melanosomes
 - d) the dermal papilla
23. People with lighter-colored hair have melanin in the:
 - a) cuticle only
 - b) cortex only
 - c) cuticle and cortex
 - d) medulla only
24. A high concentration of pheomelanin will result in:
 - a) red hair
 - b) black hair
 - c) brown hair
 - d) dense hair
25. The degree of coarseness or fineness of the hair fiber is referred to as:
 - a) density
 - b) porosity
 - c) viscosity
 - d) texture
26. What condition is determined by the number of active hair follicles per square inch of scalp?
 - a) texture
 - b) density
 - c) porosity
 - d) viscosity
27. The amount of moisture able to be absorbed by hair is called:
 - a) texture
 - b) density
 - c) capacity
 - d) porosity
28. The ability of hair to stretch and return to its original shape without breaking is called:
 - a) elasticity
 - b) texture
 - c) porosity
 - d) breaking point
29. Which porosity describes hair that is able to absorb the least amount of moisture, usually due to the closeness of the cuticle layers?
 - a) resistant
 - b) average
 - c) extreme
 - d) uneven
30. Hair damaged due to chemical services or environment is said to have:
 - a) extreme porosity
 - b) resistant porosity
 - c) uneven porosity
 - d) average porosity
31. Normal dry hair is capable of being stretched to what fraction of its length?
 - a) one-tenth
 - b) one-fifth
 - c) one-half
 - d) three-fourths
32. Wet hair is able to be stretched to what percent of its length?
 - a) 10% to 20%
 - b) 40% to 50%
 - c) 70% to 80%
 - d) 100%
33. Split hair ends start as cracks in the:
 - a) medulla
 - b) cuticle
 - c) cortex
 - d) DNA
34. Fragilitis crinium is the technical name for:
 - a) alopecia
 - b) split ends
 - c) ringed hair
 - d) matting
35. An abraded cuticle can result from all of the following actions EXCEPT:
 - a) brushing
 - b) shampooing
 - c) clipping hair back tightly
 - d) manipulating the hair when wet

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36. A term applied to matting of the hair is:
 a) alopecia b) pilica polonica c) ringed hair d) monilethrix
37. This hair condition may be caused by an inherited defect in the hair's keratin protein structure:
 a) pilica polonica b) alopecia c) trichorrhexis nodosa d) trichonodosis
38. Grayness or whiteness of hair is called:
 a) hypertrichosis b) canities c) monilethrix d) androgenetic alopecia
39. An abnormal coverage of hair on the body where normally only lanugo hair appears describes:
 a) hypertrichosis b) monilethrix c) trichorrhexis nodosa d) pilica polonica
40. A condition in which beads or nodes form on the hair shaft is called:
 a) hypertrichosis b) monilethrix c) canities d) nodules
41. A condition in which alternating bands of gray and dark hair exist is called:
 a) ringed hair b) canities c) monilethrix d) hypertrichosis
42. Removal methods used for hypertrichosis range from tweezing to electrolysis, depending on all of the following factors EXCEPT:
 a) client preference b) location of the hair
 c) cosmetologist's preference d) amount of hair to be removed
43. The average head contains how many strands of hair per square inch of surface?
 a) 1,000 b) 2,000 c) 3,000 d) over 5,000
44. People with what color of hair, on the average, have the fewest hair strands?
 a) black b) red c) blonde d) brown
45. People with what color of hair, on the average, have the most hair strands?
 a) red b) brown c) brunette d) blonde
46. The medical term for head lice is:
 a) scabies b) tinea favosa c) pediculosis capitis d) pityriasis steatoides
47. The medical term for an overabundance of epithelial cells that have accumulated on the scalp or fallen to the shoulders is a disorder known as:
 a) tinea capitis b) tinea favosa c) scabies d) pityriasis
48. The medical term for greasy or waxy dandruff is:
 a) tinea capitis b) pityriasis capitis c) pityriasis steatoides d) tinea favosa
49. What is the term applied to the baby fine hair that is shed shortly after birth?
 a) lanugo b) vellus c) alopecia d) follicle
50. The term used for excessive hair loss is known as:
 a) alopecia b) abraded hair c) fragilitis crinium d) trichonodosis
51. The average daily hair loss is:
 a) less than 20 strands b) 40 to 100 strands c) 250 to 500 strands d) over 1,000 strands
52. Long, thick, pigmented hair like scalp and eyebrow hair is referred to as:
 a) vellus b) lanugo c) body d) terminal
53. The most common form of hair loss in both men and women is:
 a) androgenetic alopecia b) exposure to sunlight c) telogen effluvium d) exposure to chlorine

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54. In androgenetic alopecia, a combination of heredity, hormones and age causes:
- the shrinking of scalp follicles
 - the lengthening of the hair's growing cycle
 - the anagen phase to become longer
 - the telogen phase to become shorter
55. Alopecia, or excessive hair loss, may be caused by any one of the following EXCEPT:
- fungal infection
 - bacterial infection
 - parasitic organism
 - inflammatory disease of the scalp
56. Hair loss identification systems identify the:
- pattern and density of the client's hair
 - texture of the client's hair
 - hair color variations of the client's hair
 - treatment options
57. Hair loss caused by excessive stretching is called:
- telogen effluvium
 - fragilitis crinium
 - pilica polonica
 - traction alopecia
58. Products claiming hair regrowth or hair loss prevention cannot be marketed without what agency's review and approval?
- OSHA
 - EPA
 - USDA
 - FDA
59. Sudden hair loss in round or irregular patches without the display of an inflamed scalp is referred to as:
- postpartum alopecia
 - alopecia areata
 - telogen effluvium
 - traumatic alopecia
60. Which term is a temporary hair loss that occurs only in women?
- postpartum alopecia
 - alopecia areata
 - telogen effluvium
 - androgenetic alopecia
61. The premature shedding of hair in the resting phase is:
- telogen effluvium
 - alopecia areata
 - traumatic alopecia
 - postpartum alopecia
62. Cleansing the scalp and hair by removing dirt, oils and product build-up is the purpose of:
- scalp massage
 - shampooing
 - draping
 - perming
63. What should be done if a client has an infectious disease or disorder of the scalp?
- proceed with the service, with caution
 - refer the client to a physician
 - use a disinfecting shampoo before proceeding with the service
 - proceed with the service
64. Which term describes the scientific method of manipulating the body by rubbing, pinching, tapping, kneading or stroking with the hands, fingers or an instrument?
- cosmetology
 - trichology
 - anatomy
 - massage
65. When dealing with a client, a professional cosmetologist is responsible for all of the following items EXCEPT:
- safety
 - comfort
 - transportation
 - protection
66. Which of the following statements is NOT true about draping?
- performed prior to hair care service
 - protects client's skin and clothing
 - performed after client removes jewelry
 - performed after shampooing is complete
67. What type of cape is generally used for shampooing, wet hair cutting, wet styling or chemical services?
- plastic or waterproof cape
 - cloth cape
 - double-layered cloth cape
 - light-weight cape
68. Many regulating agencies require all of the following steps EXCEPT:
- use of a neck strip
 - prevent direct contact with the client's skin and cape
 - use of a laundered cape
 - shampoo prior to draping

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69. What kind of shampoos will make hair dry and brittle?
a) shampoos with a high pH
b) shampoos that are acid-balanced
c) shampoos with a pH of 4.5 to 5.5
d) shampoos with a low pH
70. Which type of water contains minerals and does not allow shampoo to lather freely?
a) warm
b) cold
c) soft
d) hard
71. Brushing the hair prior to a shampoo service accomplishes all of the following EXCEPT:
a) removing tangles
b) removing dust and dirt
c) stimulating blood circulation
d) decreasing blood circulation
72. Which of the following statements is true of removing tangles from the hair?
a) start at lowest point of tangled area
b) start at the scalp and progress toward the ends of hair
c) use long, firm strokes
d) start at the highest point of the tangled area
73. Scalp massage involves manipulations performed on the scalp to relax the muscles and stimulate:
a) blood circulation
b) relaxation
c) the hair shaft
d) the cortex
74. What kind of massage uses light, gliding strokes or circular motions made with the palms of the hands or pads of the fingertips?
a) petrissage
b) tapotement
c) friction
d) effleurage
75. What kind of massage uses heavy kneading and rolling of the muscles?
a) petrissage
b) tapotement
c) friction
d) vibration
76. Light tapping or slapping massage movements are known as:
a) petrissage
b) tapotement
c) friction
d) effleurage
77. The most important scalp massage manipulation that stimulates the sebaceous glands is known as:
a) effleurage
b) petrissage
c) tapotement
d) friction
78. What type of shampoos cleanse the hair without correcting any special conditions?
a) all-purpose
b) medicated
c) clarifying
d) anti-dandruff
79. What type of shampoos are used to remove residue such as product build-up?
a) liquid dry
b) powder dry
c) clarifying
d) plain
80. What type of shampoos are especially good for cleansing lightened, color-treated or dry, brittle hair?
a) acid-balanced
b) all-purpose
c) soapless
d) liquid dry
81. What type of rinse is used after a color service to prevent the color from fading?
a) cream
b) color
c) medicated
d) acid-balanced
82. What type of conditioner helps close the cuticle after an alkaline chemical service?
a) normalizing
b) moisturizing
c) customized
d) instant
83. The structural organization of the hair can be affected by all of the following factors EXCEPT:
a) hair dryers
b) perms
c) water
d) shampoo
84. Avoid giving a scalp massage prior to all of the following services EXCEPT:
a) relaxing healthy hair
b) coloring healthy hair
c) perming healthy hair
d) shampooing healthy hair
85. What term is used to describe the combination of the sense of smell and the use of plant extracts and their healing abilities?
a) electrology
b) massage therapy
c) aromatherapy
d) trichology