

essential review

Kel

Using the following words, fill in the blanks below to form a thorough review of Chapter 8, "Properties of the Hair and Scalp." Words or terms may be used more than once.

80 percent	cortex	miniaturized	staphylococci
90 percent	cuticle	monilethrix	steatoides
acidic	dandruff	nodular	surface cells
alkaline	disulfide	one-half	swelling
amino acids	elasticity	oval	terminal
androgenic	follicle	pediculosis	three
alopecia	hair bulb	polypeptide	topical
arrector pili	hair root	porosity	trichology
boil	hair shaft	round	trichoptilosis
brittle	hair stream	scabies	unpigmented
canities	healthy diet	scutula	vellus
carbuncle	hydrogen	sebaceous	
cells	hypertrichosis	sebum	
chemicals	lanugo	simplex	

Tinea Favosa

- * 1. The study of the hair is technically called trichology.
- * 2. The technical term for the hair found on the face is vellus, or lanugo.
- * 3. One basic requisite for healthy hair is a healthy diet.
- * 4. Full-grown human hair is divided into two principal parts, which are known as the hair root and the hair shaft.
5. The two most common types of Staphylococci infections are furuncles and carbuncles.
6. The technical term for hair found on the head is terminal hair.
- * 7. A tube-like depression or pocket in the skin or scalp that encases the hair root is called the follicle.
- * 8. The thickened, club-shaped structure that forms the lower part of the hair root is known as the hair bulb.
- * 9. The small involuntary muscle attached to the underside of the hair follicle is called the arrector pili.

essential review *continued*

10. Fear or the cold causes the arrector Pili to contract, which makes the hair stand up straight, giving the appearance of "goose bumps."
11. Oil glands, which consist of a sac-like structure in the dermis, are also called Sebaceous glands.
12. An oily substance secreted from the sebaceous glands which keeps the skin surface soft and supple is Sebum.
13. Hair is composed of cells arranged in three layers.
14. The outermost layer of the hair is called the Cuticle.
15. The cuticle layer of the hair can be raised by Swelling.
16. The Cortex is the middle layer of the hair which gives it elasticity.
17. The hair shaft is that portion of the hair that projects beyond the skin.
18. The hair root is that portion of the hair that is located below the surface of the scalp.
19. Another name for vellus hair is lanugo.
20. The average growth of healthy hair on the scalp is about $\frac{1}{2}$ inch per month.
21. Hair flowing in the same direction is known as hair Stream.
22. Cross-sections of straight hair tend to be round.
23. Cross-sections of wavy hair are usually oval.
24. Cross-sections of extremely curly hair tend to be highly oval-flat.
25. Qualities by which human hair is analyzed are texture, density, porosity, and elasticity.
26. The ability of the hair to stretch and return to its original form is Elasticity.
27. The ability of the hair to absorb moisture is known as Porosity.
28. Hair is composed of protein that grows from Keratinization originating within the hair follicle.
Cells
29. Hair is approximately 91% protein.
30. The technical term for the most common type of hair loss is Androgenic Alopecia.
31. Hair protein is made up of long chains of Amino Acids which are made up of elements.

essential review *continued*

32. A long chain of amino acids linked by peptide bonds is called a Polypeptid chain.
33. A hydrogen bond is a physical side bond that is easily broken by water or heat.
34. Minoxidil is a topical medication applied to the scalp twice daily to stimulate hair growth.
35. The technical term for gray (unpigmented) hair is Canities.
36. Salt bonds are easily broken by strong Alkalines or Acidic solutions.
37. An abnormal development of hair on areas of the body that normally bear only downy hair is known as Hypertrichosis or hirsuties.
38. The technical term for split hair ends is Trichoptilosis.
39. Trichorrhexis nodosa, or knotted hair, is the dry, brittle condition including formation of nodular swellings along the hair shaft.
40. The technical term for beaded hair is Monilethrix, which may be improved with scalp and hair treatments.
41. Fragilitas crinium is the technical term for brittle hair that may split at any part of its length.
42. A disulfide bond joins the sulfur atoms of two neighboring amino acids.
43. Pityriasis is the medical term for dandruff.
44. A direct cause of dandruff is the excessive shedding of the scalp's dead scales cells.
45. The two principal types of dandruff are pityriasis capitis Simplex (the dry type) and pityriasis Steatoidea (the greasy or waxy type).
46. Honeycomb ringworm is characterized by dry, sulfur-yellow, cup-like crusts on the scalp called tinea favosa / scaphula scutula.
47. Scabies is a highly contagious, animal parasitic skin disease caused by the itch mite.
48. A contagious condition caused by the head louse is Pediculosis capitis.
49. A furuncle, or boil, is an acute staphylococci infection of a hair follicle.
50. A Carbuncle is the result of an acute staphylococci infection and is larger than a furuncle.

CHAPTER 15 Scalp Care, Shampooing, and Conditioning

Date: _____

Rating: _____

Text Pages: 306–341

POINT TO PONDER

*"Formula for Success: Instruction + Example (X)
Experience = Success"—Unknown*

1. One of the most important experiences that a stylist provides is the _____ which can be heavenly, forgettable, or even a nightmare.
2. The "shampoo" actually consists of the following three parts: _____, _____, and _____.
3. Shampooing is an important preliminary step that prepares the hair for a variety of services; it can also be:
 - a) _____
 - b) _____

WHY STUDY SCALP CARE, SHAMPOOING AND CONDITIONING?

4. The impression you make on a client during the shampoo helps set the tone for the entire service. Explain what you think this means.

5. As long as clients look great when they leave the salon, how they handle their home-care regimen is unimportant to you as a professional.

_____ True

_____ False

Explain your answer: _____

SCALP CARE AND MASSAGE

6. List the two basic requirements for a healthy scalp.

1) _____

2) _____

7. You should not perform a scalp massage on a scalp that has abrasions.

_____ True

_____ False

8. During a service, when is a scalp massage performed on a client?

1) _____

2) _____

9. The same products are used for both relaxation and treatment massages.

_____ True

_____ False

10. Explain what the term *contraindicated* means in relation to scalp massage.

11. A client who has high blood pressure should never have a scalp massage.

_____ True

_____ False

Explain your answer: _____

12. If you are unsure about whether it would appropriate to perform a scalp massage on a client who has a medical condition, the best course would be to:

- _____ a) Avoid performing the massage.
- _____ b) Assume it is fine since the client does not have a doctor's note.
- _____ c) Skip the shampoo service.

13. List the four different types of scalp treatments.

- a) _____
- b) _____
- c) _____
- d) _____

14. Complete the following by listing the appropriate type of scalp treatment.

- a) This may be done in combination with a scalp steamer: _____

- b) The main goal of this treatment is to maintain the scalp and hair in a clean and healthy condition: _____
- c) A client may need to have this treatment many times: _____
- d) This treatment is performed for clients who have overactive sebaceous glands: _____

15. Dandruff is caused by a(n) _____ that is called _____.

BRUSHING THE HAIR

16. List three benefits of correct hair brushing.

- a) _____
- b) _____
- c) _____

17. Do not brush a client's hair if it is oily.

- _____ True
- _____ False

18. Name two times you should avoid brushing a client's hair.

- a) _____
- b) _____

19. You should you not brush, massage, or shampoo a client before performing which four services?

- a) _____
- b) _____
- c) _____
- d) _____

20. The best type of hairbrush to use for brushing hair is one that has _____ bristles.

- _____ a) Natural
- _____ b) Plastic
- _____ c) Nylon

UNDERSTANDING SHAMPOO

21. The shampoo provides a good opportunity to _____ the client's hair and scalp.

22. What conditions should you check for during the shampoo?

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____
- h) _____
- i) _____

23. A client appears to have a scalp disease that may be infectious. What should you do?

24. The primary purpose of a shampoo is to _____ the hair and scalp prior to a service.

25. To be effective, a shampoo must _____

26. You should advise all clients to wash their hair every day.

_____ True

_____ False

27. What does excessive shampooing do? _____

28. Oily hair should be shampooed more often than normal or dry hair.

_____ True

_____ False

29. Describe two ways you can help protect yourself from muscle strain and other physical problems that may be caused by performing shampoos on clients.

a) _____

b) _____

30. Professional cosmetologists take time to read product _____ because doing this will help them make informed decisions about what products will work best on individual clients.

31. How should you select a shampoo for a client? _____

32. Hair can usually be characterized as:

a) _____

b) _____

c) _____

d) _____

33. Hair is not considered normal or virgin if it has been _____.

34. List four examples of ways hair may be chemically treated.

a) _____

b) _____

c) _____

d) _____

35. List three ways hair may be damaged.

- a) _____
- b) _____
- c) _____

36. Discuss why it is important to educate clients about which products they should be using for home care.

37. The amount of _____ in a solution is what determines whether it is alkaline or acid.

38. A pH scale ranges from:

- _____ a) 0-8
- _____ b) 0-12
- _____ c) 0-14
- _____ d) 0-18

39. A neutral shampoo has a pH of _____.

40. A shampoo that is more _____ can have a pH ranging from 0 to 6.9.

41. A shampoo that is more _____ can have a pH rating of 7.1 or higher.

42. The _____ the pH rating, the stronger and harsher the shampoo.

43. A slightly _____ shampoo more closely matches the ideal pH of hair.

44. When giving a shampoo, you determine if the temperature of the water is comfortable.

- _____ True
- _____ False

45. Why should you avoid touching a female client's face with your hands, the towel, or water while performing a shampoo? _____

46. It is easy to miss which of the following when performing a shampoo?

- _____ a) The bang area
- _____ b) Behind the ears
- _____ c) The top of the head
- _____ d) The nape of the neck

47. Water is classified as a(n) _____ because it is capable of dissolving more substances than any other solvent known to science.

48. Water that comes from a public water system often has _____ added to it to kill _____.

49. The process of heating water to make it a vapor, and then condensing the purified vapor so that it collects as a liquid is called _____.

50. _____ is rainwater or chemically treated water.

51. _____ is often in well-water and contains certain minerals that lessen the ability of soap or shampoo to lather readily.

52. Why is it important for you to understand the classification of the water in the salon where you work? _____

53. Water is the main ingredient in most shampoos.

- _____ True
- _____ False

54. What is deionized water? _____

55. Surfactant and detergent mean the same thing: _____

56. A surfactant molecule has two ends: a _____ or water-attracting "head," and a _____ or oil-attracting "tail."

57. During the shampoo process, the hydrophilic head attracts _____ and the lipophilic tail attracts _____.

58. What does the process create? _____

59. List six ingredients that may be added to base surfactants to create a shampoo.

a. _____	d. _____
b. _____	e. _____
c. _____	f. _____

60. Match each type of shampoo with its purpose.

_____ 1. Acid-balanced shampoos	a) Contain special chemicals or drugs to reduce dandruff
_____ 2. Conditioning shampoos	b) Wash away excess oiliness, while keeping the hair from drying out
_____ 3. Medicated shampoos	c) Designed to make the hair smooth and shiny
_____ 4. Clarifying shampoos	d) Used to brighten, add slight color, eliminate unwanted tones
_____ 5. Balancing shampoos	e) Special solutions available for hair enhancements
_____ 6. Dry or powder shampoos	f) Balanced to the pH of skin and hair
_____ 7. Color-enhancing shampoos	g) Cleanse the hair without the use of soap and water
_____ 8. Shampoos for hairpieces/wigs	h) Cut through product buildup
_____ 9. Conditioning shampoos	i) Recommended for color-treated or lightened hair
_____ 10. pH-balanced shampoos	j) Will not strip artificial color from hair

61. How should you shampoo a client who is in a wheelchair?

UNDERSTANDING CONDITIONERS

62. _____ are special chemical agents applied to the hair to deposit protein or moisturizer, to help restore its strength and give it body, or to protect it against possible breakage.

63. Conditioners can heal damaged hair and can improve the quality of new hair growth.

_____ True

_____ False

64. What are the three basic types of conditioners?

a) _____

b) _____

c) _____

65. What are humectants? _____

66. Why is silicone often added to conditioners? _____

67. Explain what conditioners do: _____

68. The cortex accounts for what percentage of the hair strand?

_____ a) 25%

_____ b) 60%

_____ c) 75%

_____ d) 90%

69. _____ are designed to penetrate the cortex and reinforce the hair shaft from within, temporarily reconstructing the hair.

70. The shampoo is a good time for the cosmetologist to:

_____ a) Educate clients about products

_____ b) Catch up on news

_____ c) Relax

_____ d) All of these answers are correct.

71. List and describe four additional conditioning agents to be familiar with.

- a) _____
- b) _____
- c) _____
- d) _____

72. A client who has coarse and extremely curly hair would benefit most from which of the following products?

- _____ a) Light leave-in conditioner
- _____ b) Protein and moisturizing treatment
- _____ c) Spray-on thermal protection
- _____ d) pH/acid balanced shampoo

73. A client who has straight, fine hair would benefit most from which of the following products?

- _____ a) Leave-in conditioner
- _____ b) Protein
- _____ c) Finishing rinse
- _____ d) Volumizing shampoo

74. _____, also known as hair masks or conditioning packs, are chemical mixtures of concentrated protein in a heavy base of moisturizer.

DRAPING

75. List the two types of draping that are used on clients.

- a) _____
- b) _____

76. How many times should a client who is having both a shampoo and a chemical service be draped?

- _____ a) Once only
- _____ b) Twice
- _____ c) At least three times

77. Describe why you think it is important for you to learn how to drape a client properly.

3. 8

CHAPTER 15 Scalp Care, Shampooing, and Conditioning

ANSWER

Date: _____

Rating: _____

Text Pages: 306-341

POINT TO PONDER:

"The highest reward for your work is not what you get for it, but what you become by it."—John C. Maxwell

1. The shampoo is one of the most important experiences a stylist provides.

X True

_____ False

2. What are the three processes of the shampoo?

- a) Scalp Care
- b) Massage
- c) Shampoo, Condition

WHY STUDY SCALP CARE, SHAMPOOING, AND CONDITIONING?

3. In your own words, explain why cosmetologists should study and thoroughly understand scalp care, shampooing, and conditioning. So that

You can recommend proper at home care
Salon products

SCALP CARE AND MASSAGE

- 936211
4. The two basic requirements for a healthy scalp are Clean and Stimulation.
5. Scalp manipulations should be given with a Continuous Even motion, which will invigorate the scalp and help relax the client.
6. The cosmetologist can massage or manipulate a client's scalp when abrasions are present.
- ____ True
- X False
7. Scalp treatments and massage may be performed before or during a shampoo.
- X True
- ____ False
8. The difference between a relaxation massage and a treatment massage are the products used.
- X True
- ____ False
9. During the scalp-massage consultation, the cosmetologist should acknowledge and discuss any procedure or condition that may be Contraindicated because it may produce undesirable side effects.
10. Scalp massage is contraindicated for clients with which of the following?
- ____ a. Circulatory condition
- ____ b. Severe hypertension
- X c. High blood pressure
- ____ d. Diabetes
11. Cosmetologists who talk during scalp massage enhance the procedure's relaxation therapy.
- ____ True
- X False
12. The pre-service procedure is an organized, step-by-step plan for what three tasks?
- a. Clean & disinfect
- b. Basic Set-up
- c. Prep

13. List the three major tasks of the post-service procedure.

- ~~Wash~~ Analyze, Advice, Recommend Appropriate at Home Products
- Rebook
- Sanitize & prepare for next client.

14. Explain how to commence the scalp massage procedure. examine scalp

15. What does the following illustration depict? Scalp treatment/ Massage



16. Discuss the purpose of a general scalp treatment and when it should be recommended. To maintain the scalp & hair in a clean & healthy condition

17. Outline the procedure for a normal hair and scalp treatment.

-
-
-
-
-
-
-
-
-

page
328

- j. _____
k. _____
l. _____

18. Outline the special requirements and implements of a dry hair and scalp treatment.

19. During a dry hair and scalp treatment, apply the scalp steamer for _____ to _____ minutes, or wrap the head in warm steam towels for _____ to _____ minutes.

20. Excessive oiliness is caused by _____.

21. List the implements and materials for an oily hair and scalp treatment.

- a. _____
b. _____
c. _____
d. _____
e. _____
f. _____
g. _____
h. _____
i. _____
j. _____

22. _____ is the result of a fungus called malassezia.

23. Detail the steps in an antidandruff treatment.

- a. _____
b. _____

- c. _____
- d. _____
- e. 331
- f. _____
- g. _____
- h. _____
- i. _____
- j. _____

HAIR BRUSHING

24. What are the benefits of correct hair brushing? stimulate the blood circulation to the scalp.

25. When should a stylist avoid brushing hair?

- a. Irritated Scalp or abrasions
- b. before giving chemical service

26. Brushing, massaging, or shampooing the scalp before a service is not recommended for:

- a. High Lites
- b. Most Chemical Relaxers
- c. Some temporary & semi permanent color
- d. single & double process color

27. The most highly recommended hairbrushes are made from _____ bristles.

28. Hairbrushes with Nylon bristles are shiny and smooth and are more suitable for hairstyling.

29. Name the steps in the hair brushing procedure.

- a. page
- b. 332

- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. #332
- i. _____
- j. _____
- k. _____
- l. _____
- m. _____

UNDERSTANDING SHAMPOO

30. Name the conditions for which the stylist should check when performing a shampoo.

- a. _____
- b. _____
- c. page
- d. _____
- e. 311
- f. _____
- g. _____
- h. _____
- i. _____

31. Hair should only be shampooed as often as necessary.

☒ True
☐ False

32. Excessive shampooing strips the hair of its protective oil, called Sebum, which, in small amounts, seals and protects the hair's cuticle.

33. As a general rule, oily hair must be shampooed less often than normal or dry hair.

_____ True

☒ False

34. Give the steps in the basic shampooing and conditioning procedure.

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

h. _____

35. Why is it important to maintain good posture while performing a shampoo?

Reduce strain on the back of shoulders

36. What is the most important rule regarding posture while shampooing, and why?

Keep your shoulders back
Prevent injury

37. What type of shampoo bowl allows for healthier body alignment and helps reduce back and shoulder strain? Free Standing

38. List the typical types of hair.

- a. oily
- b. dry
- c. normal
- d. chemical treated

39. Chemically treated hair may require products that are less harsh than those for virgin hair.

40. The amount of hydrogen in a solution determines whether that solution is alkaline or acid.

41. A shampoo that is acidic will have a pH ranging from 0 to 6:9.

42. The more alkaline a shampoo, the stronger and harsher it is.

☒ True

☐ False

43. Water is the most abundant and important element on Earth.

44. Why is water classified as a universal solvent?

It is capable of dissolving more substance than any other known solvent

45. Boiling water at a temperature of 212 degrees Fahrenheit will destroy most microbes.

46. Soft water is rainwater or chemically treated water that contains only small amounts of minerals, while Hard water contains minerals that reduce the ability of soap or shampoo to lather.

47. The main ingredient in most shampoos is deionized water, which has had impurities like calcium and other metal ions removed.

48. Primary Surfactant, also known as detergents, are cleansing or surface active agents.

49. The end of a molecule that attracts water is called hydrophilic, while the oil-attracting end is called Lipophilic.

50. Shampoo products are the most widely purchased of all hair care products.

☒ True

☐ False

51. Many shampoos are balanced by adding moisturizers, pH, or Citic acid.

52. Conditioning shampoos are designed to make hair manageable and smooth and shiny.

53. Give two examples of conditioning agents that boost shampoos.

a. Protein

b. biotin

54. Clarifying shampoos contain an active _____ agent that binds to metals and removes them from hair, as well as a(n) equalizing agent that enriches hair, helps retain moisture, and makes hair more manageable.

55. Explain when clarifying shampoos should be used. When a buildup is evident, after swimming pool or all chemical services

56. For oily hair and scalp, _____ shampoos wash away excess oiliness while preventing the hair from drying out.

57. A(n) dry or powder shampoo cleanses hair without soap and water.

58. A dry shampoo removes volume from hair.

☐ True

☒ False

59. Discuss the ways in which color-enhancing shampoos are used.

to brighten to add slight tint of color
& to eliminate unwanted tones

60. Describe shampooing for wheelchair-bound clients. remain seated
facing Shampoo bowl bending forward
with towel to protect face.

61. What implements and materials are required for a basic shampoo?

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____

62. List the steps for a shampoo procedure.

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____
- h) _____
- i) _____
- j) _____
- k) _____
- l) _____

- m) _____

n) _____

o) _____

p) _____

q) _____
r) _____
s) _____
t) _____
u) _____
v) _____
w) _____
x) _____
y) _____
z) _____
aa) _____

bb) _____

paige # 337
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- cc) _____
dd) _____
ee) _____

UNDERSTANDING CONDITIONER

63. Why are conditioners used? deposit protein & moisture to help restore hair strength, to protect from breakage
64. Name the three basic types of conditioner.
- a. Rinse-out
 - b. treatment/Repair
 - c. leave in
65. Most conditioners contain silicone, along with moisture-binding _____, substances that absorb moisture or promote the retention of moisture.
66. The cortex makes up 90% percent of the hair strand.
67. Identify some conditioning agents and their uses.
- a. medicated scalp treatment/conditioner to promote healing of scalp.
 - b. Spray on thermal protector- protects harmful effects
 - c. scalp conditioner, softens hair improves condition
 - d. Scalp astringent lotion, removes oil
68. Deep conditioning treatment, also known as hair masks or conditioning packs, are chemical mixtures of concentrated protein and intensive moisturizer.

DRAPING

69. Client draping contributes to client safety as well as comfort.

X True

_____ False

70. Name the two types of drapings used in salons.

- a. Shampoo drape
- b. Chemical service

71. Explain when and how a shampoo draping is used.

2 towels to protect client, remove towels after shampoo

72. When is a chemical draping used? for all chemical or treatment services

73. List the steps to draping for a chemical service.

- a.
- b. page
- c. 334
- d.
- e.

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