### CHAPTER 7 TEST: SHAMPOOING, RINSING AND CONDITIONING

1. Water is composed of:
   a) oxygen and sulfur.  
   b) hydrogen and oxygen.  
   c) hydrogen and sulfur.  
   d) potential hydrogen and nitrogen.

2. Soft water is _______ water, or water that has been chemically softened.
   a) mineral  
   b) carbonated  
   c) rain  
   d) sparkling

3. Hard water contains certain _______ that lessen the ability of the shampoo to lather.
   a) minerals  
   b) chemicals  
   c) vitamins  
   d) nutrients

4. As a professional cosmetologist, you should learn the _______ and _______ of a shampoo to determine whether or not it will serve your intended purpose.
   a) ingredients; manufacturer  
   b) composition; manufacturer  
   c) ingredients; purpose  
   d) composition; action

5. When brushing hair, brushes made with _______ bristles are recommended.
   a) nylon  
   b) synthetic  
   c) natural  
   d) sharp

6. You should brush the hair whether the scalp and hair are in a dry or oily condition.
   a) True  
   b) False

7. When brushing the hair prior to a shampoo, you should brush the hair by:
   a) rotating the brush by turning wrist slightly.  
   b) sweeping the bristles the full length of the hair shaft.  
   c) repeating the brushing procedure 3 times.  
   d) all of the above.

8. What is the first step of the shampoo procedure?
   a) Arrange supplies neatly.  
   b) Seat client comfortably.  
   c) Remove hairpins from hair.  
   d) Examine client’s scalp condition.

9. How does a highly alkaline shampoo affect tinted hair?
   a) makes it soft and silky  
   b) renders it easier to comb  
   c) makes it color-fast  
   d) causes color to fade

10. What type of shampoo should be used to treat hair with a minor dandruff condition?
    a) medicated shampoo  
    b) alkaline shampoo  
    c) paste shampoo  
    d) mild shampoo

11. Detangling of hair begins at:
    a) the front hairline.  
    b) the crown.  
    c) the hair ends at the nape.  
    d) the bangs.

12. When manipulating the scalp during a shampoo, work in a back-and-forth movement beginning at the:
    a) nape area.  
    b) front hairline.  
    c) crown area.  
    d) area behind the ears.

(continued)
13. Acid rinses are used to restore the pH balance to the hair and to remove:
   a) fatty acids.  
   b) oily film.  
   c) soap scum.  
   d) undesirable minerals.

14. After completion of the shampoo and to finalize your cleanup, your last act should be to:
   a) style the client’s hair.  
   b) wipe floor around station.  
   c) graciously thank the client.  
   d) sanitize your own hands.

15. The action of a cream rinse on the hair is:
   a) penetration of the cuticle.  
   b) coating of the hair shaft.  
   c) coating of the hair follicle.  
   d) softening of the cortex.

16. A dry shampoo is usually given:
   a) if the client’s health doesn’t permit a wet shampoo.  
   b) when the temperature is below 60 degrees.  
   c) immediately preceding a chemical service.  
   d) if a medicated shampoo is not available.

17. Acid-balanced rinses are commercially formulated to prevent the fading of color after a tint or toner and to:
   a) open the cuticle.  
   b) restructure the hair shaft.  
   c) give added shine.  
   d) penetrate the cortex.

18. Probably the most commonly used ingredient in an after-rinse is:
   a) tartaric acid.  
   b) lactic acid.  
   c) acetic acid.  
   d) citric acid.

19. Habitual use of conditioners and cream rinses can lead to future hair-care problems such as:
   a) buildup on the hair.  
   b) more frequent shampooing and damage.  
   c) hair breakage.  
   d) both a and b.

20. Color rinses highlight or add _______ color to the hair.
    a) temporary  
    b) semipermanent  
    c) permanent  
    d) lifting