

Chapter 11-2: Hair Removal

Chapter Test | Multiple Choice | Esthetics Program

Name:	Date:	Score: / 52
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Instructions: Circle the letter of the best answer. Each question is worth 1 point. Answer all 52 questions.

Section 1: Hair Structure & Anatomy

Follicle, root, bulb, papilla, arrector pili, sebaceous glands | Questions 1–10

1. The study of hair is called:

(a) Hairology	(b) Folliclelogy
(c) Trichology	(d) Lanugology

2. Which of the following is NOT part of the hair structure?

(a) Lanugo	(b) Arrector pili muscle
(c) Follicle	(d) Bulb

3. The lower part of the hair root is the:

(a) Papilla	(b) Blood vessel
(c) Muscle	(d) Bulb

4. What are the hair papillae necessary for?

(a) Producing sebum for the scalp	(b) Housing capillaries that nourish the follicle and are essential to hair growth
(c) Anchoring the hair to the epidermis	(d) Creating goosebumps in cold weather

5. What role do blood vessels play in the life of a hair?

(a) They contract in the cold so the hair stands up, causing goosebumps	(b) They lubricate the skin and hair
(c) They bring nutrients to the base of the bulb, causing it to grow	(d) Their health determines how much hair a person has

6. What is the arrector pili muscle attached to?

(a) Tendons	(b) Skin
(c) Goosebumps	(d) The hair follicle

7. What is a benefit of the arrector pili muscle?

(a) It produces new hair cells	(b) It contracts to warm the skin and helps spread protective lipids to the skin and hair
(c) It dissolves sebum in the follicle	(d) It anchors terminal hair permanently

8. What are the sebaceous glands attached to?

(a) The cuticle	(b) The epidermis
(c) The hair follicle	(d) The dermis

9. What is the inner wall of the hair root made of?

(a) Follicle	(b) Keratin
(c) Dermis	(d) Cortex

10. Excessive hair growth in specific (localized) areas is called:

(a) Hirsutism	(b) Hypertrichosis
(c) Hypoplasia	(d) Hyperhirsutism

Section 2: Hair Growth Cycle & Hair Types

Anagen, catagen, telogen, lanugo, vellus, terminal | Questions 11–17

11. In which stage is new hair produced?

(a) Anagen	(b) Catagen
(c) Telogen	(d) None of the above

12. The telogen stage is the:

(a) Active stage	(b) Resting stage
(c) Regression stage	(d) None of the above

13. What makes scalp hair grow longer than eyelashes?

(a) Scalp hair has thicker follicles	(b) The scalp has more sebaceous glands
(c) Scalp hair has a longer anagen (growth) phase than eyelashes	(d) Eyelashes are vellus hair

14. Long-term hair reduction is MOST effective when hairs are removed in which stage?

(a) Anagen	(b) Catagen
(c) Telogen	(d) The stage is irrelevant

15. What is the difference between lanugo and vellus hair?

(a) Lanugo is terminal scalp hair; vellus is eyebrow hair	(b) Lanugo is soft downy hair on a fetus; vellus is soft peach-fuzz hair on the face and body
(c) They are the same type of hair	(d) Lanugo is coarse; vellus is pigmented and thick

16. What is the main catalyst for vellus hairs transitioning to terminal hairs?

(a) Aging alone	(b) Hormonal influences (and repeated tweezing, shaving, or waxing against growth)
(c) Sun exposure	(d) Frequent moisturizing

17. Between hirsutism and hypertrichosis, which is attributed to genetics rather than male androgens?

(a) Hirsutism	(b) Hypertrichosis
(c) Both	(d) Neither

Section 3: Temporary Hair Removal — Depilation

Shaving, depilatories, and definitions | Questions 18–21

18. Depilation is a method of hair removal that is:

(a) Permanent	(b) Temporary
(c) Semi-permanent	(d) None of the above

19. Chemical hair removal (a depilatory) is a process that is:

(a) Permanent	(b) Temporary
(c) Epilation	(d) Sugaring

20. What are the main active ingredients in depilatories?

(a) Acids such as glycolic and salicylic acid	(b) Alkalines such as sodium hydroxide, potassium hydroxide, or calcium thioglycolate
(c) Waxes and resins	(d) Sugar and lemon juice

21. How would you advise a male client to manage an ongoing folliculitis barbae problem?

(a) Use a different shaving tool	(b) Use a different shaving cream
(c) Shave less often	(d) Shave in a different direction

Section 4: Temporary Hair Removal — Epilation

Waxing, tweezing, sugaring, threading | Questions 22–34

22. Waxing, tweezing, and electrolysis are all forms of:

(a) Depilation	(b) Epilation
(c) Threading	(d) Sugaring

23. What are the two main types of wax?

(a) Soft and semi-soft	(b) Hard and liquid
(c) Hard and soft	(d) Liquid and creamy

24. Strip (soft) wax should be applied:

(a) In a very thin coat	(b) In a very thick coat
(c) In a coat about as thick as a nickel	(d) Thickness does not affect the treatment

25. Sugaring remains a popular hair removal method because it:

(a) Works well for sensitive skin	(b) Is water soluble
(c) Adheres to the hair only, making it more comfortable than wax	(d) All of the above

26. What is the minimum hair length that can be removed with sugaring?

(a) 1/16 to 1/8 inch (1.5–3 mm)	(b) 1/4 inch (6 mm)
(c) 1/2 inch (12 mm)	(d) 1 inch (25 mm)

27. What is another name for threading?

(a) Banding	(b) Sugaring
(c) Tweezing	(d) Basting

28. Which method should you use to remove hair from a LARGE area?

(a) Plucking	(b) Tweezing
(c) Waxing	(d) All of the above

29. After waxing, what do you use to remove the few remaining stray hairs?

(a) Depilatories	(b) Shaving
(c) Tweezers	(d) Exfoliators

30. Which item is NOT used for wax removal?

(a) Cotton	(b) Linen
(c) Pellon	(d) Muslin

31. Underarm waxing differs from waxing other body parts because:

(a) The skin is more sensitive	(b) The hair is more coarse
(c) The hair grows in different (multiple) directions	(d) Sweat prevents wax from adhering

32. What are the main areas that men typically wax?

(a) Cheeks and brow	(b) Edge of ears and forehead
(c) Brow and nape of the neck	(d) Edge of nose and back

33. Two benefits of speed waxing are:

(a) It is permanent and painless	(b) It is more comfortable for the client and the appointment is shorter
(c) It requires no patch test and no gloves	(d) It removes hair in the telogen phase only

34. Two downsides of waxing are:

(a) It is permanent and cannot be reversed	(b) Hair must grow back in before re-waxing, and the process can irritate or injure skin
(c) It only works on vellus hair	(d) It requires a medical license

Section 5: Waxing Technique & Procedure

Application, removal, angle, direction, after-care | Questions 35–43

35. What is the FIRST step before applying wax to a client?

(a) Test the wax temperature to make sure it is correct	(b) Wear gloves and safety glasses
(c) Ask the client to pay in advance	(d) None of the above

36. Before beginning a waxing treatment, it is important that you:

(a) Have the client sign a waiver	(b) Do a patch test on the client's skin
(c) Put on disposable gloves	(d) All of the above

37. When applying wax, the spatula should be held at an angle of approximately:

(a) 10 degrees	(b) 20 degrees
(c) 25 degrees	(d) 45 degrees

38. In which direction is wax applied?

(a) Same direction as hair growth	(b) Opposite the direction of hair growth
(c) From left to right	(d) From right to left

39. In which direction do you REMOVE wax (and the strip)?

(a) Same as hair growth	(b) Opposite the direction of hair growth
(c) Toward the hair growth	(d) Sideways

40. In what direction do you tweeze hair?

(a) Opposite the direction of hair growth	(b) Same direction as hair growth
(c) It depends on the client	(d) None of the above

41. Where should you start tweezing eyebrows?

(a) From the middle of the eyebrow to the inner corner	(b) From the inner corner of the eye
(c) From the end of the eyebrow toward the middle	(d) From the middle of the eyebrow toward the end

42. When using the warm (soft) waxing method, how long do you wait after applying wax before removing the strip?

(a) Remove after it cools for five minutes	(b) Remove immediately
(c) Remove after it cools for ten minutes	(d) Remove after it completely hardens

43. At what stage should hard wax be removed?

(a) When the wax is dripping	(b) When the wax is set (firm but pliable)
(c) When the wax is still soft	(d) When the wax is molded but wet

Section 6: Permanent Hair Removal & Reduction

Electrolysis, laser, IPL, training requirements | Questions 44–48

44. Electrolysis is a method of hair:

(a) Permanent hair reduction	(b) Permanent hair removal
(c) Temporary hair reduction	(d) Temporary hair removal

45. Which of the following is a permanent method of hair removal?

(a) Depilation	(b) Electrolysis
(c) Sugaring	(d) Waxing

46. To perform electrolysis, you need:

(a) Standard esthetician training only	(b) Special training only
(c) Standard esthetician training and licensing	(d) Special training and licensing

47. Which electrolysis modality uses direct current (DC)?

(a) Thermolysis	(b) Galvanic
(c) The blend	(d) Photoepilation

48. Laser hair removal is considered:

(a) Epilation	(b) Permanent hair reduction
(c) Permanent hair removal	(d) Depilation

Section 7: Contraindications, Disorders & Infection Control

Hirsutism, contraindications, universal precautions, sanitation | Questions 49–52

49. A female client with moderate hirsutism could:

(a) Be pregnant	(b) Be vitamin deficient
(c) Be experiencing a hormone imbalance	(d) All of the above

50. What is a contraindication?

(a) A buildup of cells with a rough texture	(b) A scale measuring the skin's tolerance to sun exposure
(c) A skin or medical condition that could cause a treatment to have negative effects	(d) Free radical scavengers, vitamins, and ingredients

51. Clients with rosacea:

(a) Should have hair removed in a medical office	(b) Should not have any facial hair removed
(c) Should have facial hair removed by electrolysis only	(d) Should avoid facial waxing

52. Universal precautions established by the CDC state that you should:

(a) Treat the blood and body fluids of all clients as if infected	(b) Ask clients if they are HIV-positive before treatment
(c) Remind clients they might have an infection even without symptoms	(d) Require proof of HIV and hepatitis testing before service