



NATIONAL HAIR REMOVAL
THEORY EXAMINATION

CANDIDATE INFORMATION BULLETIN (CIB)

EXAMINATION CONTENT AND IMPORTANT INSTRUCTIONS

Please visit your examination provider's website for the most current bulletin prior to testing.

The National Hair Removal Theory Examination is the licensure examination for Hair Removal, which is developed by the National-Interstate Council of State Boards of Cosmetology (NIC). This bulletin contains **IMPORTANT INFORMATION** regarding the examination, including content outline covered by the theory examination, sample questions and answers, and references. The time allowed for the Hair Removal Theory Examination is 90 minutes.

PLEASE REVIEW ALL INFORMATION CAREFULLY.

For each NIC National Theory Examination, there are TWO (2) parts to every Candidate Information Bulletin (CIB) stored as separate documents:

- **Examination Content** and **Important Instructions** – This provides information about the scope of content covered in the Theory examination and information and guidelines related to administration of the Theory examination.
- **References** – This provides a list of references used to develop and support the content covered in the examination. The references are always the same for the Theory and Practical examinations.

BE CERTAIN TO DOWNLOAD AND/OR PRINT AND REVIEW BOTH DOCUMENTS THAT MAKE UP THE NIC EXAMINATION CIB.

PLEASE REVIEW ALL INFORMATION CAREFULLY!

IMPORTANT INSTRUCTIONS

- Do not leave the examination area without permission. Permission must be obtained to leave the examination area for any reason, including restroom usage or at the completion of the examination. Picture ID is required for re-entry into the examination.
- With the exception of verbal instructions, the proctors and examination administration personnel are not allowed to communicate with candidates.
- If you have an emergency situation please notify the proctor.
- The following provides examples of materials and actions that are prohibited during the examination administration:
 - Possession of cellular phones, pagers, tablets, computers, projectors, cameras, or any other electronic or recording devices, printed materials, or handwritten notes.
 - Communicating to other candidates.
 - Exhibiting disruptive behavior.
 - *The above referenced items or actions are not an exhaustive list. Failure to comply with any of these conditions or exhibiting ANY behavior that suggests an effort to cheat will result in your immediate dismissal from the examination and your actions reported to the proper authorities.*

HAIR REMOVAL THEORY EXAMINATION CONTENT OUTLINE

The following outlines the scope of content covered by the NIC National Hair Removal Theory Examination. The percentages represent the percentage of items from each domain. The examination is comprised of 60 items of which 50 items are weighted and contribute to the candidate's final score.

1. Scientific Concepts - 60%

- A. Infection Control and Safety Practices
 - 1. Identify how diseases and infections are caused and transmitted
 - 2. Apply principles of infection control
 - a. Levels of infection control
 - i. Cleaning and Sanitation
 - ii. Disinfection
 - iii. Sterilization
 - b. Contamination and cross contamination
 - 3. Apply procedures for blood exposure incident
 - 4. Identify requirements of government agencies
- B. Human Anatomy and Physiology
 - 1. Identify structure of the skin
 - 2. Identify structure and growth cycle of hair
- C. Identify Signs and Symptoms of Conditions, Disorders, or Diseases Related to Skin and Hair
- D. Identify How Hair Removal Methods Differ

2. Hair Removal Procedures and Services - 40%

- A. Client Consult Analysis and Documentation for Hair Removal Services
 - 1. Analyze condition of skin and hair
 - 2. Identify contraindications related to hair removal service
 - 3. Determine method and product selections
 - 4. Establish and maintain client records
- B. Items Utilized During Hair Removal Services
 - 1. Identify purpose, function, and safe use of items
 - a. Equipment
 - b. Implements
 - c. Supplies, products, and materials
- C. Hair Removal Services
 - 1. Indicate and demonstrate procedures for hair removal methods
 - a. Client preparation
 - b. Hair removal methods
 - i. Waxing
 - ii. Sugaring
 - iii. Threading
 - iv. Tweezing
 - 2. Determine home care

**HAIR REMOVAL THEORY EXAMINATION
SAMPLE QUESTIONS**

The following sample questions are similar to those on the NIC Hair Removal Theory Examination. Each question is followed by four answer options. Only one option is correct. Correct answers (keys) are listed following the sample questions.

1. The hair on a fetus that is extremely soft is known as
 - a. telogen.
 - b. catagen.
 - c. lanugo.
 - d. terminal.

2. Glandular disturbances resulting in excessive hair growth are also known as
 - a. bromidrosis.
 - b. hirsutism.
 - c. epilation.
 - d. hyperkeratosis.

3. Bacteria that are harmful are called
 - a. saprophytes.
 - b. asepsis.
 - c. pathogenic.
 - d. nonpathogenic.

4. Soft wax is also known as
 - a. paraffin wax.
 - b. carnauba wax.
 - c. strip wax.
 - d. candle wax.

5. Soft wax should be applied in which direction?
 - a. In the direction of the hair growth
 - b. Against the direction of the hair growth
 - c. In a figure eight pattern
 - d. Any direction is acceptable

6. The scientific study of hair and its diseases is called
 - a. trichology.
 - b. cosmetology.
 - c. neurology.
 - d. physiology.

7. Epilation is the process of
 - a. shaving against the natural hair growth.
 - b. breaking contact between the bulb and the papilla.
 - c. applying a cream depilatory to the hair.
 - d. shaving with the natural hair growth.

Answers

- | | |
|------|------|
| 1. c | 5. a |
| 2. b | 6. a |
| 3. c | 7. b |
| 4. c | |

