

The 12 best sheet masks, according to dermatologists and Shop TODAY editors

Plus, advice on how to use them and which ingredients to look for.



Sheet masks can be messy — a process to unfold — and their effectiveness was bit confusing (at least for me). But after trying a sample from a recent beauty appointment, I started craving the extra hydration effects of these face-shaped fabrics.

For starters, sheet masks are mostly moisturizing and a great approach if you need an easy skin care routine. According to dermatologist [Dr. Navin S. Arora](#), sheet masks definitely work (as long you find the right one for your skin type). "Sheet masks deliver active ingredients in a way that helps them sink into the skin more deeply, almost like a mini facial at home," adds [Arora](#).

This viral Korean skin care product has become popular because of its simplicity and effectiveness in delivering hydration. But, with so many sheet masks on the market made from paper, thin fabric and even gel-like consistency, it's easy to feel overwhelmed with the options.

To find the best one, I asked three dermatologists for their top recommendations and what ingredients provide better results. Whether you're looking for a one-and-done solution to your nighttime routine or need to brighten up your complexion, editors and experts share their top favorites below.

Do sheet masks actually work?

Yes, sheet masks actually work! Dermatologist Dr. Asmi Berry says that sheet masks help boost hydration and deliver active ingredients in a way that locks them into the skin.

"Because they create an occlusive barrier, they help your skin absorb serums more effectively than just slapping them on. But they're not miracle workers — if you're hoping to erase wrinkles or cure acne overnight, they won't do that. Think of them as a skin pick-me-up rather than a treatment," she says.

"They don't really do anything more than moisturizing. Sometimes, this is what people want for their skin — so in that respect, it can work for moisturizing the skin," adds dermatologist Dr. Richard Bottiglione.

With that being said, you need to consider sheet masks as a short-term solution. Think of them as a mini at-home facials you can wear while multitasking and running other tasks.

"They're packed with serums and other skin-benefitting ingredients that can provide a boost of hydration and soothe dehydrated or dull skin, giving skin a nice glow and waking up tired skin," says dermatologist Dr. Jeannette Graf.

The best sheet masks, recommended by experts



Hydrate instantly: Neutrogena Hydro Boost Hydrating 100% Hydrogel Mask

Piece set: 1 | Benefits: To quench dry skin | Notable ingredients: Hyaluronic acid

[Arora](#) recommends this gel mask for its high hydration content. "This is a fan-favorite for hydration that feels like a drink of water for your skin. It's simple, effective and works well for all skin types. My patients love how fresh and dewy their skin looks afterward."

Also, the mask holds up to 50% more of the essence due to its gel component.



For sensitive skin: Dr.Jart+ Ceramidin Skin Barrier Moisturizing Face Mask

Piece set: 1 | Benefits: Relieves tightness and boosts skin's barrier | Notable ingredients: Ceramide NP, panthenol and glycerin

This ultra-hydrating mask is ideal for those seeking to strengthen the moisture barrier. [Arora](#) says, "This is a favorite for anyone who has dry or sensitive skin. It helps repair and lock in moisture, and I get tons of feedback about how plump and hydrated skin feels afterward."



Glowing results: Tatcha Luminous Deep Hydration Lifting Mask

Piece set: 1 | Benefits: Smooths fine lines | Notable ingredients: Hyaluronic acid

[Arora](#) suggests this sheet mask if you're looking for luxury and deep hydration. "Patients love how it leaves their skin looking dewy and smooth without feeling greasy. It's like a facial in a packet," adds [Arora](#). Besides the extra hydration, this mask is ideal for those who want a glowy complexion and lift their skin.

How we chose

I, Jannely Espinal, asked dermatologists for their top recommendations sheet masks. I also considered editors' favorite products for this article and selected masks with specific ingredients that help with moisturizing, anti-aging benefits and more.

Meet the experts

[Navin S. Arora](#) is the founder of Borealis Dermatology, a place offering aesthetic, medical, surgical and spa services.