Toner Pads vs Sheet Masks vs Liquid Toner: Which One Actually Earns a Spot in Your Routine?

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11/25/2026

Miami Herald

How sheet masks compare

Sheet masks have an undeniable edge, and it comes down to occlusion. Debbie Palmer, DO, a New York-based dermatologist, told Women's Health that the appeal is about water. "When you put a mask on your skin, you can increase the water content," she said. The paper seals in ingredients, prevents evaporation and allows better penetration.

Dendy Engelman, MD, a New York City-based dermatologist, told Women's Health that sheet masks "use the material to trap active ingredients on the skin, forcing it to lock in the moisture and receive all the benefits." A sheet mask can also carry "a higher concentration of actives than a topical product," she added, though Palmer noted it is not entirely clear that sheet masks outperform serums. Ingredients worth hunting down include hyaluronic acid, ceramides and antioxidants, all K-beauty staples your routine likely already loves.