

**BYRDIE**

CONFIDENCE, COMMUNITY, AND JOY

SKIN ACNE

Breaking Out? These Are the 14 Best Sheet Masks for Acne of 2022

Our best overall pick is Mediheal Tea Tree Essential Blemish Control Sheet Mask

written by ERIN JAHNS and THERESA HOLLAND UPDATED ON SEP 09, 2022

reviewed by LUCY CHEN, MD / Board-Certified Dermatologist

fact checked by SABRINA CREWS

We independently research, test, review, and recommend the best products—learn more about our process. If you buy something through our links, we may earn a commission.



BYRDIE / DANIE DRANKWALTER

CONFIDENCE, COMMUNITY, AND JOY

like a face mask? As it turns out, the sheet variety might give you a boost in pimple-fighting power while calming inflammation and potentially helping fade acne scars.

/ Byrdie Researched & Approved

Our best overall pick is Mediheal Tea Tree Essential Blemish Control Sheet Mask, which uses a combination of salicylic acid to unclog pores, tea tree to prevent new breakout, and chamomile to calm inflamed skin. For a more affordable pick, consider Yes To Tomatoes Acne Fighting Paper Mask, which also contains salicylic acid as well as fruit enzymes to encourage cell turnover and purge pores.

According to Picky medical advisor Claudia Christin, MBBS, PhD, masks aren't always as effective as leave-on products simply because they're on your skin for a short period. "However," she says, "there are some ingredients you can look for that may help fade acne scars" and keep breakouts at bay.

"A face mask with exfoliating ingredients may help remove the pigmented skin cells to reveal brighter, [more] even-toned skin," Christin tells Byrdie. She recommends alpha-, beta-, and poly-hydroxy acids (AHA, BHA, and PHA, respectively).

We conducted hours of research on the best sheet masks for acne. We tried some of the top-rated masks out there, our testers taking note of how effectively they cleared pimples, unclogged pores, and the effect they had on skin texture. We also considered a range of skin types and concerns from sensitive to oily, and everything in between. Our team then combined these results with our own research of fan-favorites, plus skin expert picks to

CONFIDENCE, COMMUNITY, AND JOY

Our Top Picks

BEST OVERALL:

Mediheal Healing Solution Mask Sheet at Amazon (\$10)

[↓ Jump to Review](#)

BEST BUDGET:

Yes To Tomatoes Acne-Fighting Paper Mask at Amazon (\$12)

[↓ Jump to Review](#)

BEST DRUGSTORE:

Garnier Charcoal Sheet Mask at Amazon (\$25)

[↓ Jump to Review](#)

BEST OIL-FREE:

Karuna Clarifying+ Facial Sheet Mask at Amazon (\$28)

[↓ Jump to Review](#)

BEST FOR OILY SKIN:

Talika Bio Enzymes Purifying Face Mask at Amazon (See Price)

[↓ Jump to Review](#)

BEST FOR CLOGGED PORES:

Ulta Beauty Honey Peel Off Mask at Ulta (\$4)

[↓ Jump to Review](#)

BEST TREATMENT:

Dr. Jart+ Dermask Clearing Solution at Amazon (\$18)

[↓ Jump to Review](#)

BEST SKIN-CLEARING:

ZitSticka Press Refresh Sheet Mask at Amazon (\$36)

CONFIDENCE, COMMUNITY, AND JOY

iNNBEAUTY Project Face Time Magic-Melting Peel at Innbeautyproject.com (See Price)

[↓ Jump to Review](#)

BEST SOOTHING:

Avène Soothing Sheet Mask at Dermstore (\$42)

[↓ Jump to Review](#)

/ IN THIS ARTICLE

01 Our Picks

02 Final Verdict

03 What To Look For

04 Why Trust Byrdie

Best Overall: Mediheal Tea Tree Essential Healing Solution Mask Sheet

 Mediheal Tea Tree Essential Healing Solution Mask Sheet

CONFIDENCE, COMMUNITY, AND JOY[VIEW ON AMAZON](#) \$10[VIEW ON SOKOGLAM.COM](#) \$10[VIEW ON STYLEVANA.COM](#)

What We Like

- Gently exfoliates
- Unclogs pores
- Calms inflammation

What We Don't Like

- Nothing

The best option in the battle against breakouts comes from Korea's leading sheet mask brand, Mediheal. The Essential Blemish Control Mask calls on BHA superhero salicylic acid to gently exfoliate and unclog pores while chamomile calms any redness you currently have, and tea tree oil helps keep future pimples at bay. ^{[1][2]}

This K-beauty favorite comes in packs of one or five, each individually wrapped. Just place the sheet over your face, leave it on for about 15 minutes, and gently massage any remaining product into your skin or rinse it off if it feels tingly.

Active Ingredients: Tea tree oil, salicylic acid, chamomile | **Benefits:** Prevents breakouts, controls oil production | **Skin Type:** Acne-prone, oily, combination | **Amount:** 1–5 | **Cruelty-Free:** Yes | **Byrdie Clean:** Yes

CONFIDENCE, COMMUNITY, AND JOY

Amazon

VIEW ON AMAZON \$12

VIEW ON WALMART \$6

What We Like	What We Don't Like
<ul style="list-style-type: none">• Affordable• Gently exfoliates• Treats and prevents	<ul style="list-style-type: none">• Contains synthetic fragrance

One of the budget-friendliest options that actually lives up to its claims, this treatment mask contains salicylic acid and pumpkin enzymes to help clear and prevent pimples.^{[3][2]}

CONFIDENCE, COMMUNITY, AND JOY

Best Drugstore: Garnier SkinActive Super Purifying Charcoal Sheet Mask

 Garnier SkinActive Super Purifying Charcoal Sheet Mask

Amazon

VIEW ON AMAZON \$25

VIEW ON WALMART \$7

What We Like	What We Don't Like
<ul style="list-style-type: none">• Affordable• Absorbs impurities• Fades scars	<ul style="list-style-type: none">• Contains PEGs• Contains synthetic fragrance

CONFIDENCE, COMMUNITY, AND JOY

Active Ingredients: Charcoal, algae extract | **Benefits:** Hydrating, purifying |
Skin Type: All | **Amount:** 1–12 | **Cruelty-Free:** Yes | **Byrdie Clean:** No

RELATED: 15 of the Best Drugstore Face Masks for Each Skin Concern

Best Oil-Free: Karuna Clarifying+ Facial Sheet Mask

 Karuna Clarifying+ Face Mask

Ulta

[VIEW ON AMAZON](#) \$28

[VIEW ON KARUNASKIN.COM](#)

[VIEW ON REVOLVE](#) \$28


CONFIDENCE, COMMUNITY, AND JOY

- Gently exfoliates
- Contains synthetic fragrance
- Calms inflammation

Oil-free products are ideal for acne-prone skin, as they're unlikely to clog your pores.^[2] Not only will this non-comedogenic mask *not* clog your pores, but it'll actually help clear them out, thanks to a blend of BHA and honey.^{[6][2]}

Active Ingredients: Salicylic acid, honey | **Benefits:** Unclogs pores | **Skin Type:** Oily, acne-prone | **Amount:** 1–4 | **Cruelty-Free:** No | **Byrdie Clean:** No

Best for Oily Skin: Talika Bio Enzymes Purifying Face Mask

 Talika Bio Enzymes Purifying Mask

Amazon

CONFIDENCE, COMMUNITY, AND JOY

READ FULL REVIEW: Reviewed: Talika's Bio Enzyme Brightening Mask

What We Like

- Adheres well
- No messy drips
- Noticeable results

What We Don't Like

- High price per mask

This option from Talika was a hit with our home tester, who said it made her skin look visibly brighter and more radiant. She also liked that the mask adhered well to her face without any messy drips.

Active Ingredients: Plant enzymes | **Benefits:** Unclogs pores, controls oil | **Skin Type:** Oily, combination | **Amount:** 1 | **Cruelty-Free:** No | **Byrdie Clean:** Yes

* What Our Testers Say

“My skin didn't feel tight, greasy, or overly saturated with the product, and I immediately noticed that my skin's overall tone was significantly more even and clear.” — *Erin Jahns, Product Tester*

Best for Clogged Pores: Ulta Beauty Clarifying Honey Peel Off Mask



Ulta Beauty Clarifying Honey Peel Off Mask

CONFIDENCE, COMMUNITY, AND JOY

Ulta

VIEW ON ULTA \$4

What We Like

- Affordable
- Reduces shine
- Clarifying

What We Don't Like

- Not ideal for sensitive skin
- Contains synthetic fragrance

Clogged pores? This peel-off mask is your best bet. The honey-infused formula works to absorb excess shine, clarify your complexion, and balance oil production.^[6]

Active Ingredients: Honey extract | **Benefits:** Unclogs pores, balances oil production | **Skin Type:** Oily, acne-prone, combination | **Amount:** 1 | **Cruelty-Free:** Yes | **Byrdie Clean:** Yes

RELATED: Acne-Prone Skin? These 15 Moisturizers Won't Clog Your Pores

CONFIDENCE, COMMUNITY, AND JOY

Solution

 Dr. Jart+ Dermamask Micro Jet Clearing Solution

Sephora

VIEW ON AMAZON \$18

VIEW ON SEPHORA \$9

VIEW ON DRJART.COM

What We Like	What We Don't Like
<ul style="list-style-type: none">Controls sebum productionTreats and preventsCalms inflammation	<ul style="list-style-type: none">High price per sheetContains PEGs

CONFIDENCE, COMMUNITY, AND JOY

Active Ingredients: Salicylic acid, tea tree oil | **Benefits:** Clears skin, evens tone | **Skin Type:** All | **Amount:** 1–5 | **Cruelty-Free:** No | **Byrdie Clean:** No

RELATED: The 17 Best Acne Spot Treatments of 2022 to Zap Pimples Fast

Best Skin-Clearing: ZitSticka Press Refresh Hydrogel Exfoliating Sheet Mask

 ZitSticka Press Refresh Sheet Mask

ZitSticka

[VIEW ON AMAZON](#) \$36

[VIEW ON ULTA](#) \$36

[VIEW ON ZITSTICKA.COM](#)

CONFIDENCE, COMMUNITY, AND JOY

- Gently exfoliates
- Smooths uneven texture
- Reduces redness
- Contains PEGs
- Contains synthetic fragrance

Press Refresh contains both AHA and BHA, as recommended by Dr. Christin, to gently exfoliate, smooth uneven texture, and increase cell turnover.^[2] You'll also get a dose of redness-reducing, skin-clearing niacinamide (vitamin B3).^[4]

Active Ingredients: Salicylic acid, glycolic acid, lactic acid, niacinamide |

Benefits: Exfoliating, unclogs pores | **Skin Type:** Acne-prone | **Amount:** 1–5 |

Cruelty-Free: Yes | **Byrdie Clean:** No

Best Exfoliating: iNNBEAUTY Project Face Time Magic-Melting Peel



iNNBEAUTY Project Face Time Magic-Melting Peel

CONFIDENCE, COMMUNITY, AND JOY[VIEW ON INNBEAUTYPROJECT.COM](https://www.innbeautyproject.com)

What We Like

- Smooths uneven texture
- Fades scars
- Reduces redness

What We Don't Like

- Not technically a sheet

InnBeauty's Magic-Melting Peel contains AHA lactic acid plus PHA, two dermatologist-recommended ingredients for gentle exfoliation. In addition to smoother, more even-toned skin, you can expect a clearer complexion with minimal redness.^[2]

Active Ingredients: Lactic acid, polyhydroxy acid, niacinamide | **Benefits:** Smooths skin, evens tone | **Skin Type:** All | **Amount:** 1–8 | **Cruelty-Free:** Yes | **Byrdie Clean:** Yes

Best Soothing: Avène Soothing Sheet Mask



Avène Soothing Sheet Mask

CONFIDENCE, COMMUNITY, AND JOY

Bluemercury

[VIEW ON DERMSTORE](#) \$42[VIEW ON AVENEUSA.COM](#)[VIEW ON BLUEMERCURY.COM](#) \$42

What We Like

- Reduces redness
- Non-comedogenic
- Adheres well

What We Don't Like

- High price per mask

As with all Avène products, this sheet mask leans on its signature thermal spring water to calm inflammation and reduce redness associated with breakouts.^[7] And since it's non-comedogenic, it won't clog your pores.

Active Ingredients: Thermal spring water | **Benefits:** Calms inflammation |
Skin Type: All | **Amount:** 5 | **Cruelty-Free:** No | **Byrdie Clean:** Yes

Best Pore-Minimizing: TonyMoly Tako Pore One Shot Nose Pack



TonyMoly Tako Pore One Shot Nose Pack

CONFIDENCE, COMMUNITY, AND JOY

Amazon

VIEW ON AMAZON \$4

VIEW ON BEAUTYBAY.COM

VIEW ON FOREVER21.COM

What We Like

- Affordable
- Absorbs impurities
- Controls sebum production

What We Don't Like

- Contains PEGs
- Doesn't cover entire face

We're sorry to say there's nothing you can do to make your pores go away. However, this cute little sheet mask can help shrink the appearance of the ones on your T-zone while giving blackheads the boot. ^[5]

Active Ingredients: Marine extracts, dead sea salt, Madagascar mud |

Benefits: Unclogs pores, tightens skin | **Skin Type:** Oily, combination, acne-prone | **Amount:** 1 | **Cruelty-Free:** Yes | **Byrdie Clean:** No

CONFIDENCE, COMMUNITY, AND JOY

Best Preventative: Patchology Moodmask The Good Fight Clear Skin Sheet Mask

 Patchology Moodmask "The Good Fight" Clear Skin Sheet Mask

Patchology

VIEW ON AMAZON \$15

VIEW ON MACY'S \$5

VIEW ON PATCHOLOGY.COM

What We Like

- Gently exfoliates
- Absorbs impurities
- Fights bacteria

What We Don't Like

- Contains PEGs
- Contains synthetic fragrance

CONFIDENCE, COMMUNITY, AND JOY

oil gently exfoliates to clear your pores while tackling blemish-causing bacteria.^{[1][2]}

Active Ingredients: Salicylic acid, tea tree extract | **Benefits:** Helps prevent breakouts, balances oil production | **Skin Type:** Oily, acne-prone, combination | **Amount:** 1–5 | **Cruelty-Free:** Yes | **Byrdie Clean:** No

Best K-Beauty: Benton Goodbye Redness Centella Mask Pack



Benton Goodbye Redness Centella Mask Pack

Amazon

VIEW ON AMAZON \$28

VIEW ON SOKOGLAM.COM \$3

VIEW ON WALMART \$20

CONFIDENCE, COMMUNITY, AND JOY

- Reduces redness
- Nothing
- Treats and prevents

Korean beauty brands reign in the sheet mask category, and Benton is no exception. Centella Mask Pack leans on cica (*centella asiatica*) to soothe inflammation, heal current blemishes, and prevent more from cropping up. ^[8]

Active Ingredients: Centella asiatica | **Benefits:** Calms inflammation, heals blemishes | **Skin Type:** Combination, oily, acne-prone, sensitive | **Amount:** 1–10 | **Cruelty-Free:** Yes | **Byrdie Clean:** Yes

RELATED: The Best Korean Beauty Face Masks for Radiant Glass Skin

Best Quick-Fix: MMSkincare MMBalance Face Mask



MMSkincare MMBalance Face Mask

CONFIDENCE, COMMUNITY, AND JOY

VIEW ON MASKINCARE.COM

What We Like

- Calms inflammation
- Non-comedogenic
- Dermatologist-developed

What We Don't Like

- Expensive
- Contains PEGs

Balance Face Mask is packed with oil-balancing properties, making it a good choice for those with oily or combination skin. Niacinamide helps to support skin barrier function, helping to heal active pimples without irritation, which makes this product ideal for use in a pinch.

Active Ingredients: Canadian willow herb, niacinamide | **Benefits:** Adapts to skin's needs | **Skin Type:** Oily, acne-prone, combination | **Amount:** 1–4 | **Cruelty-Free:** Yes | **Byrdie Clean:** No

Final Verdict

Our number one pick is Mediheal's Essential Blemish Control Sheet Mask, which calls on BHA and tea tree oil to tackle breakouts and chamomile to calm your skin. But if you're looking for a little more exfoliating action, go with ZitSticka Press Refresh Hydrogel Sheet Mask.

MEET THE EXPERT

- Claudia Christin, MBBS, is a certified medical doctor with a PhD in dermatology from Seoul National University. A medical advisor at Picky, she focuses on educating people

CONFIDENCE, COMMUNITY, AND JOY

- Ellen Marmur, MD, is a board-certified dermatologist and the founder of MMSkincare.

What to Look for in a Sheet Mask for Acne

Acne-fighting ingredients

In order to treat acne, you need acne-fighting ingredients. Opt to choose formulas that are made with ingredients that help eliminate and treat acne. AHAs (salicylic acid, glycolic acid, etc.)^[9] and green tea are just some of the ingredients that will help rid your skin of pesky breakouts. These ingredients may also help with other skin conditions, like hyperpigmentation.^[10]

Comfortable Wear

A mask that wears comfortably can enhance the self care experience. Look for masks that appear to be cut to the size of your face or are designed to adhere to its contours.

Formula

Because there are so many different sheet masks out there, make sure you choose the ones that are designed to treat acne. They'll typically contain acne-fighting ingredients and work to treat and prevent breakouts. Try to also find a formula that claims to clarify or purify and helps reduce excess sebum production, which can cause more oil (and breakouts).^[11]

FAQ

CONFIDENCE, COMMUNITY, AND JOY

Sheet masks allow the serum to be distributed more evenly and absorbed directly into the skin. This lets the acne-fighting ingredients (or whatever ingredients treat your skin condition) to go to bat in treating those pesky breakouts.

Can I reuse a sheet mask?

No, you should not reuse a sheet mask. When you place the sheet mask on your face, it's likely that it will absorb dirt and bacteria. While taking the excess serum from the package is totally fine, you shouldn't reuse the actual mask, as it can potentially reintroduce bacteria and dirt onto your skin.

Should sheet masks be refrigerated?

They don't have to be stored in the fridge, but it won't hurt. When you put them on after refrigerating, the cool temperatures may give you an added cooling effect, which can potentially reduce some puffiness.

Why Trust Byrdie

Byrdie contributor Theresa Holland is a commerce beauty writer and skincare savant. For this story, she compiled insights from a PhD in dermatology and a board-certified dermatologist, who provided expertise into the best ingredients for treating, preventing, and healing acne. She looked at dozens of options from a broad range of brands, referenced peer-reviewed articles on different formulations, and ultimately selected those that offered effective results with minimal irritation. Additionally, she consulted our testing insights to help inform her decisions. You can find

CONFIDENCE, COMMUNITY, AND JOY

Byrdie contributor Erin Jahns is a hair, makeup, and nails expert and beauty editor with over five years of experience in the industry. She is currently the senior beauty editor at WhoWhatWear.

UP NEXT: We Tested 22 Sheet Masks, These 7 Are Worth Buying

ARTICLE SOURCES +

Related Stories



Commerce Photo Composite



Best Acne Face Washes for Men

ACNE 06/21/22

Experts Say These Face Masks
Actually Help Heal Acne Scars

PRODUCT REVIEWS 07/13/22

The 13 Best Acne-Fighting Face
Washes for Men