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Imagine a bouncy, radiant, clean skin that is compacted by hydration - you know what kind of skin radiance you want to keep forever after a 90-minute intense five-star face. But imagine being able to have a skin like that on a daily basis, not just anytime you have a couple of hundred to burn. Korean beauty bloggers have started buzzing more and more about this hydration treatment. The tip evolved from a three-of-a-kind method to an almost legendary seven-to-one method. What's it? In short, it is layering into three toner layers or essence-and-toner-in-one (The Koreans call these skin products, thus the name of the seven skin method) immediately after purification. It may sound crazy, but there is a method to madness. A lightweight, moisturizing product designed to prepare the skin to absorb serums and creams. When you apply a ton of skin care products to your skin at one time, sometimes before your skin actually absorbs the product, the product evaporates from the skin or sits on your skin and is not really absorbed. This toner-layer method allows your skin to absorb one thin layer of moisturizing toner (or essence), so that, ultimately, more product is absorbed. One of the main reasons you come out glowing from the face is because aesthetics will use techniques such as massage or vapor or oxygen under pressure to help deliver serums, mainly to help the skin drink and absorb moisturizing and nourishing formulas. And in the faces, your skin becomes larger than its standard daily regulated doses of thirst-quenching ingredients. This seven-skin method deftly allows your skin to drink up toner/essence/skin much more than usual, allowing the skin to soak up one thin layer at a time. And by doing this seven times, the skin gets an increase in and a healthy amount of moisturizing ingredients that eventually gives your skin that just got a face glow. What's great is that unlike a face that you can get once in a while, if you do this seven skin method consistently, your skin ends up looking better and better. Wide hydration levels actually help create a healthy skin environment in which skin cells function better. Peach and Lily I know -- seven layers. It sounds like a lot of time and product. And it is, but only really compared to your usual skin care routine. But if you compare it to a person, it takes a lot less time and money... And after having tried this method for months, my usually dry skin looked radiant and was completely plumped up. It really works, which makes it worth it. (For the record, it's not exactly seven times the size of the product, it's more like three to four times the size of the product. Less than what you could use if you do one layer layer Here's how to do it: Step 1: Clean your face as usual. Step 2: Pat your face dry (or dry air). It is best if you apply the first layer of toner when your face is slightly moist rather than completely dry. This first layer can be applied with a cotton bud or even just a hand. Apply the toner, starting from the inside of the face to the nose and sweep gently up and outwards, targeting the dry areas of your face. Step 3: Repeat five more times. After this seventh layer, you can play around! You can use other serums- your skin will be extra-prime to absorb your serum- or seal it all with moisturizer. During the summer months, especially if you have oily skin, some people don't even need to do anything else after seven layers of moisturizing toner or essence toner. Tip: The idea behind the technique is to help your skin drink in the product so that you can customize as you see fit. Some do the method of seven skin weekly and do three or five skin method through the day. For me personally, I end up doing a seven skin method around through the day in the evenings, and at least three layers of skin every other day. I mostly play by ear though, and customize it based on how my skin feels. Imaxtree You have to find your own perfect number of layers: I tried to do up to 15 layers on a particularly dry day with a gentle, very watery toner, and my skin loved it. However, more is not always better, as too much good can also irritate the skin. I recommend working up to seven layers. I started with three layers, saw my skin handled, which is just fine, and then went up to five and loved it. I got stuck with seven soon after, consistently, and now only do even more layers than seven when I quit drying long-haul flights or really late at night. This seven skin method is so great because it really encourages you to get to know your skin, and play around with the amount of layers your skin absorbs and loves. However, most skin types will drink seven layers in the right up. And then thank you, staying radiant and resilient all day. Do all the toners work? This is important: I strongly recommend staying away from toners with synthetic flavors, alcohol (also listed as ethanol or ethyl alcohol, denatured alcohol, methanol, isopropyl alcohol, SD alcohol and benzyl alcohol) and any cleansing or exfoliating properties (e.g. toner, essence and water purification in one) as they can be used too many times. Keep scrolling into the store with some toners that are good for the seven skin method! Be a skin botanical food power Toner \$29 Shop This toner is great for those with dry skin. Shangpree S-Energy All-Day Preparing Toner \$75 Shop for Very Luxury Skin method, this S-energy line Shangpree is actually used in its famous resorts, layered on repeatedly to help moisturize the skin, and is known to soothe, energizing the activation especially for people with sensitive skin. Keep scrolling for some Byrdie Editor-approved moisturizers! La Prairie Skin Caviar Essence-in-Lotion \$270 Shop Yes is expensive, but this moisturizing essence is one of the favorites of the Byrdie team for its thicker texture and instant moisturizing abilities. Erborian Eau Ginseng Concentrated Lotion \$39 Shop This light, a nutritious toner from the French-Korean brand Erborian makes soothing ginseng a stellar ingredient. Circ Cell Dew \$60 Shop This soothing dew balances your skin's pH, soothes redness and helps reduce the appearance of pores. 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