

## 9 Best Korean Beauty Essences, According To K-Beauty Lovers & Experts

Hydration for all skin types!

We all know and love [Korean beauty](#) and skincare for the innovative technology, gentle ingredients and formulas, and the joy of creating a multi-step self-care routine that it encourages—it also doesn't hurt that the products tend to lean affordable. With so many categories and products available from ampoules to toners, it might be difficult to decide what you need in your routine and what you can do without. According to [Charlotte Cho](#), founder of Korean skincare brand [Then I Met You](#), an essence is a step that shouldn't be skipped. "I've always said that essences are the heart of K-beauty because this is the step that truly transforms skin," Cho says.

Long story short, an [essence](#) is a skincare product with a consistency that can range from watery to gel-like. They're more jam-packed with ingredients and can fulfill an array of skincare needs: hydration, protection, brightening, and overall skin health, for example. They are, overall, considered an important step in [Korean skincare](#).

Whether you're just now dipping your toes into the world of Korean skincare, the world of essences, or both, I surveyed some trusted K-beauty experts with this question: what are the best Korean beauty essences on the market? Ahead, their answers await—and I may have chimed in with my personal favorite, too.

### Mixsoon Bean Essence



According to Korean-American plastic surgeon [Dr. Elise Min](#), Mixsoon's Bean Essence, which is powered by gentle bean-ferment extracts, is non-irritating on acne-prone skin. "As a Korean-American plastic surgeon, I tend to gravitate toward skincare that quietly supports skin health rather than overstimulating it," Dr. Min says. "It's non-irritating even on my acne-prone skin and helps revitalize my overall tone and texture! Maybe it's no coincidence I also love Korean food because it seems like fermented ingredients just work."

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