```java
package Java_FSD_01;
import java.util.Scanner;
import java.util.regex.Matcher;
import java.util.regex.Pattern;

public class EmailValidator {
public static void main(String[] args) {
Scanner scanner = new Scanner(System.in);
System.out.print("Enter the Mail ID ");
String email = scanner.nextLine();

if (isValidEmail(email)) {
System.out.println("The email is valid.");
} else {
System.out.println("The email is not valid.");
}

scanner.close();
}

public static boolean isValidEmail(String email) {
String emailRegex = "^[a-zA-Z0-9_+&*-]+(?:\\.[a-zA-Z0-9_+&*-]+)*@(?:[a-zA-Z0-9-]+\\.)+[a-zA-Z]{2,7}$";
Pattern pattern = Pattern.compile(emailRegex);
Matcher matcher = pattern.matcher(email);
return matcher.matches();
}
}
```