```java
package emailValidation;

import java.util.Scanner;
import java.util.regex.Matcher;
import java.util.regex.Pattern;

    public class EmailValidation {

    public static void main(String[] args) {
    Scanner sc = new Scanner(System.in);

    System.out.println("Email Validation");
    System.out.println("Enter your email address: ");
    String email = sc.next();

    String regex = "^[a-zA-Z0-9+_.-]+@[a-zA-Z0-9.-]+$";

    Pattern pattern = Pattern.compile(regex);

    Matcher matcher = pattern.matcher(email);

    if(matcher.matches()) {
       System.out.println("Email address is valid");
    } else {
       System.out.println("Email address is not valid");
    }
  }
}
```