

Specialized treatments

Hydrating Rain

This nourishing skin treatment is so moisturizing, you will only need it once or twice a week after the initial treatment period.

Rejuvenating Lip Cream

Fight the effects of time with this powerful yet gentle anti-aging moisture therapy to promote skin elasticity and circulation.

Cold Sore Cure

Reduce cold sore severity and duration by targeting the virus that causes this condition, while soothing and healing the skin.

Healing Cream

Medical professionals recommend this antioxidant moisturizer to treat skin conditions and heal dry, damaged skin.

Blemish Fade

Reduce inflammation and acne with this penetrating, on-the-spot treatment, with glycolic acid and salicylic acid.

Scar & Stretch Mark Cream

Stimulate skin cell regeneration and immune function to help transform dense scar tissue into new healthy skin.

Sacred Sin

Natural ingredients make this gentle, pH-balanced vaginal lubricant remarkably silky.

Pigmentation repair

HQ-Free Skin-lightening Lotion

This is the most powerful skin-lightening agent known. It contains NO hydroquinone and thus is 100% non-toxic.

Skin Lightening Lotion

Use this treatment at night before moisturizing to diminish the appearance of hyperpigmented skin. Not for sensitive skin.

"I am committed to sustainability for the health of my patients and the planet. My mission in developing these products is to provide an all-natural, scientifically proven, result-oriented skin care line. Utilizing the most current dermatological research and plant medicine, I created a line of skin care products for all skin types to find their way back to balanced, radiant health."

— Dr. Jacqueline Fields

About Dr. Jacqueline Fields

Dr. Jacqueline Fields is the founder of The Healing Gardens, an ecosystem of integrative health care resources in Fort Collins, Colorado, that includes the Health Center, Medicinal Store, Living Arts Center, The Foundation and, Dr. Fields' Sacred Skin line of natural skin care products.

Board certified in Family Practice Medicine and Holistic Medicine, Dr. Fields trained during medical school with Dr. Andrew Weil and has worked extensively with tribal medicine of various cultures around the world.

The Healing Gardens Foundation

Dr. Field's Sacred Skin financially supports The Healing Gardens Foundation, a non-profit dedicated to educating our community about natural healing and making healthy living accessible to all.



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Dr. Fields' Sacred Skin



Where
science & **nature**
meet

Dr. Fields' holistic skin therapy line stimulates the skin's inherent ability to regulate and heal itself. Using carefully chosen ingredients and Ayurvedic principles, Sacred Skin products use nature's healing forces to restore skin health. This non-toxic line supports the health of humanity and the planet we share.

**All natural, plant-based skin care.
No preservatives. No toxic ingredients.**

Natural, rejuvenating skin care — Dr. Fields' Sacred Skin products enhance the tone, texture, hydration, color and overall youthful appearance of your skin.

Sacred skin products

Cleansers

Daily Cleanser

Remove impurities and debris without stripping the skin of its natural oils, using this moisture-rich, foaming cleanser.

Clear Cleanse

A gentle yet effective alpha hydroxyl-based exfoliating cleanser, this product cleanses oily skin kindly, without over-drying or irritating it.

Sacred Scrub

This gentle exfoliating scrub removes dead skin cells, revealing beautiful healthy glowing skin, while raspberry extracts provide antioxidants.

Toners

Clarifying Toner

Botanicals in this exfoliating, antioxidant toner nourish the skin and control oil while stimulating the skin's natural immune function.

Oxygen Toner

Smooth and soften the skin while boosting immune function, flushing dirt and impurities from the pores, and repairing free radical damage.

Serums

Optimal Serum C (a natural SPF of 15-20)

20% Vitamin C with caffeine, this daily serum visibly rejuvenates skin, reduces wrinkles and blemishes, and balances color differences associated with aging.

Anna's ReVita-A Serum

A synergized complex of Vitamin A and glycolic acid, this anti-inflammatory night product plumps the skin, smoothes fine wrinkles and begins to reverse less visible signs of sun damage.

Moisturizers

Italian Secret

Deep penetrating hydration, this cream refreshes and soothes, allows your skin's natural healthy glow to radiate!

Nonna's Truth

Heaven for dry skin, this ultra-rich moisturizer restores smoothness while nourishing and protecting skin to soften visible signs of aging.

Optimal R & R

Revitalize and rejuvenate your skin, with this exquisite smoothing lotion that encourages the growth of healthy young skin cells.

Desert Dry

Great for sensitive, dry or environment-stressed skin (such as on the hands) this antioxidant daytime moisturizer helps heal damaged. Safe for rosacea, eczema or after laser or chemical treatments.

Anti-aging Peptide Lotion

Potent antioxidants and DMAE protect, heal and strengthen skin tone for unparalleled anti-aging treatment.

Clarifying Acne Lotion

This powerful anti-inflammatory lotion will help improve even hard-to-cure cystic acne.

Eye Care

Eye Renewal Cream

A hydrating eye cream for use at night, Eye Renewal Cream prevents signs of premature aging safely and naturally.

Eye Therapy

Use this powerful, soothing eye therapy one hour before bed to reduce dark circles and puffiness by morning.

Sun protection & body care

Sofie's Sol Protect - Sunscreen

This moisturizing SPF 20 sunscreen offers full UVB/UVA sun protection using antioxidants, transparent zinc and skin nutrition.

Silk Moisturizing Body Lotion

Luxurious for everyday use, this body lotion uses non-abrasive exfoliators to reveal healthy glowing skin.

Masks

Purifying Tea Tree Mask

Soothe skin irritation, tighten pores, and draw out damaging pollutants, with this stimulating, blemish-reducing clay mask.

Hydrating Mask

Enriched with aloe vera, honey and antioxidants, this deeply moisturizing face mask repairs damage and smoothes fine lines.

Cherry Enzyme Mask

Increases cell turnover while softening skin, using this delightfully scented exfoliator loaded with powerful antioxidants.

Skin regimen - 6 steps

1. Cleanse
2. Tone/condition
3. Nourish with serums formulated for morning or night
4. Apply specialized treatments
5. Moisturize and apply sun protection
6. Use intensive treatments (weekly or seasonally)

Concentrated, plant-based formulas

We bottle our concentrated formulas in quantities designed to last 3 to 6 months, using only natural essential oils to preserve them.