

CELTIC SALT



NATURAL
PRODUCT

WHAT IS CELTIC SALT AND HOW DOES IT DIFFER FROM SEA SALT?

LET'S UNCOVER

Celtic salt, also known as Celtic sea salt, is a mineral-rich, unrefined salt harvested from the coastal regions of France, particularly Brittany. Unlike regular sea salt, it retains its natural moisture and essential trace minerals such as magnesium, calcium, and potassium, giving it a slightly gray color and moist texture. Understanding **what is Celtic Salt** helps explain what sets it apart: its minimal processing preserves a natural balance of electrolytes and nutrients, making it a popular choice for those seeking a more natural alternative to refined salts while adding a subtle, earthy flavor to food.

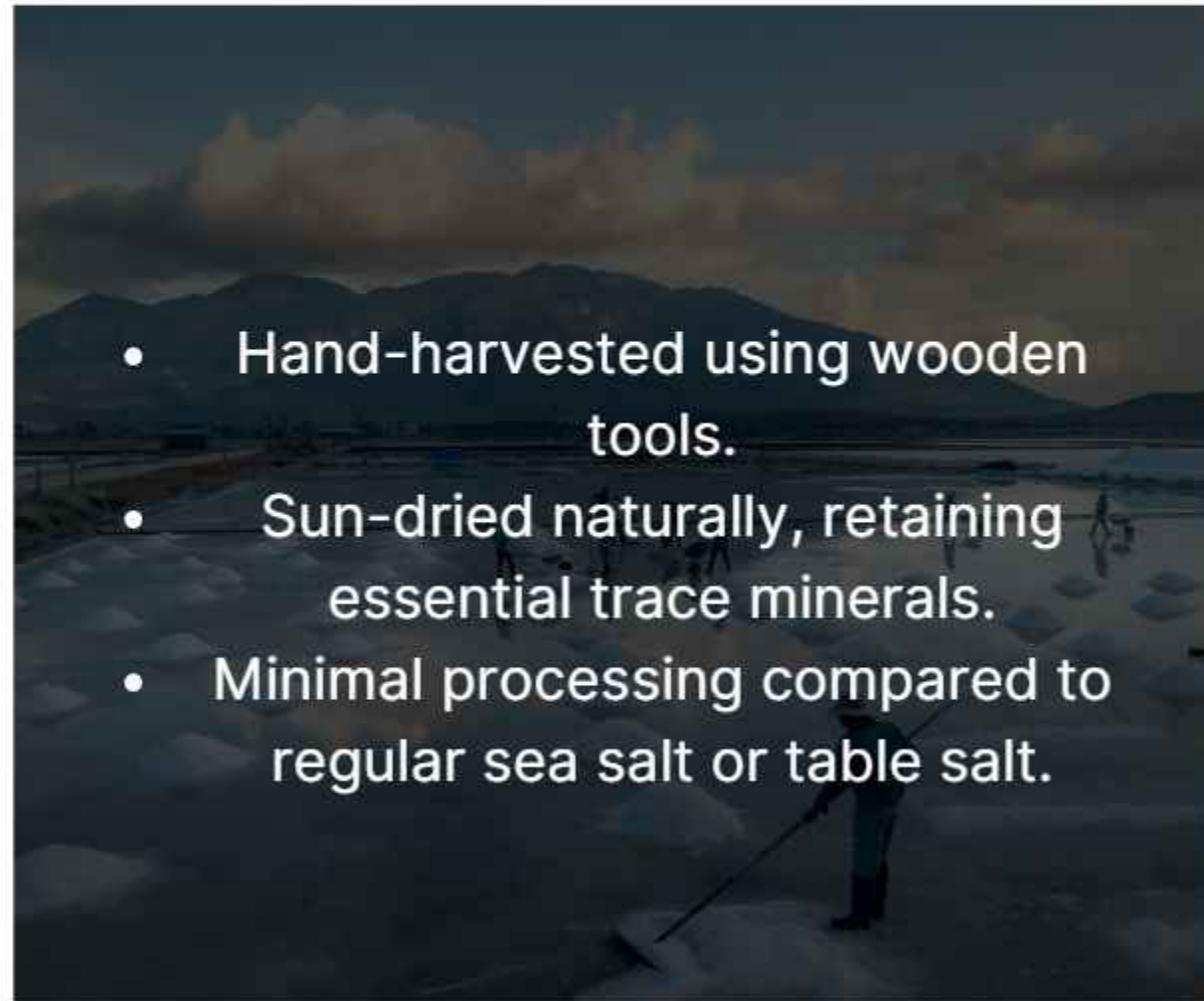


KEY DIFFERENCES

Feature	<i>Celtic Salt</i>	Standard Sea Salt
Harvesting	Hand-harvested, traditional	Mechanically harvested
Moisture	Slightly moist	Usually dry
Minerals	Rich in trace minerals	Less mineral content
Processing	Minimal	More refined

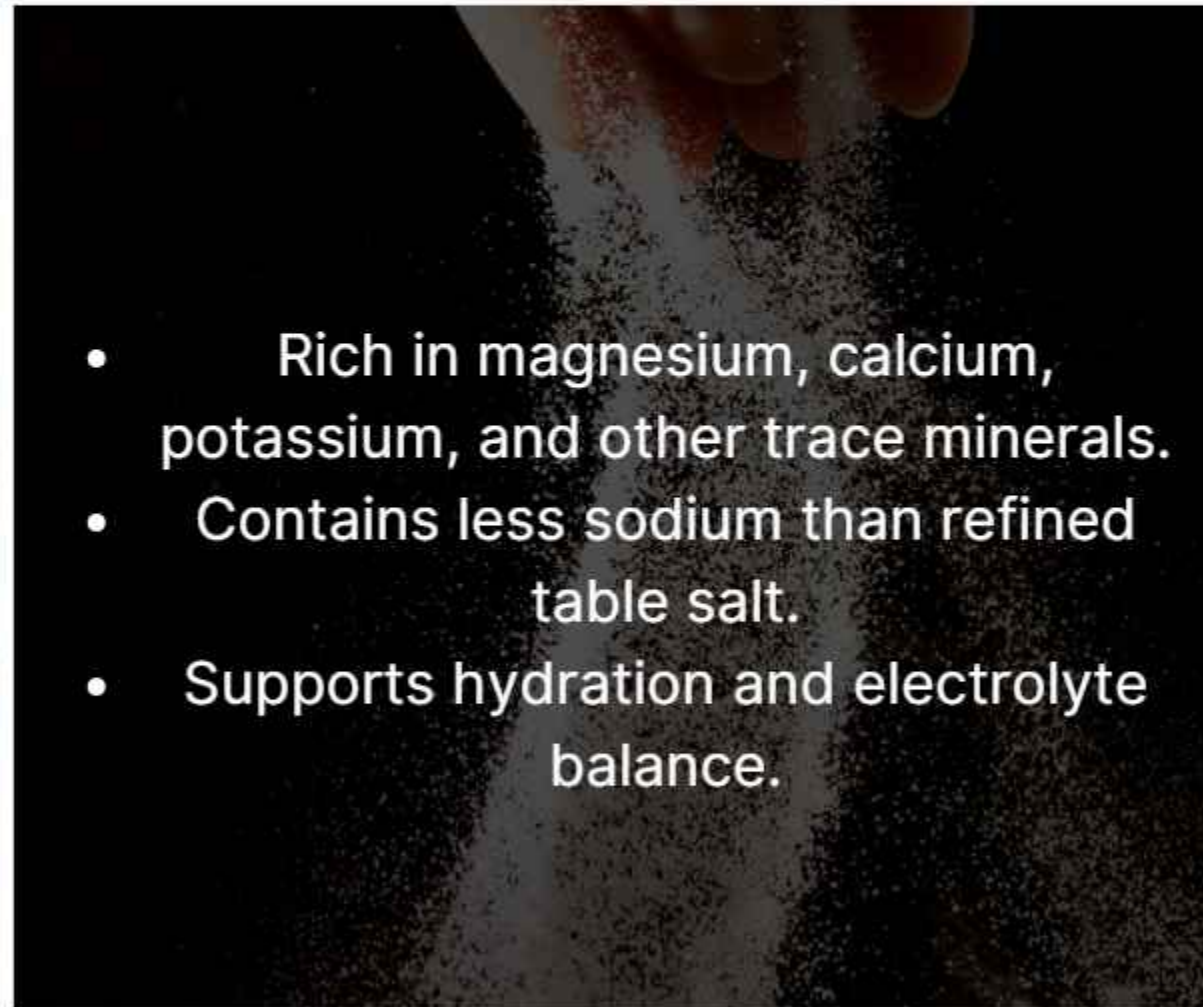
CELTIC SALT: METHODS, MINERALS, AND FLAVOR

Traditional Harvesting



- Hand-harvested using wooden tools.
- Sun-dried naturally, retaining essential trace minerals.
- Minimal processing compared to regular sea salt or table salt.

Nutrient Profile



- Rich in magnesium, calcium, potassium, and other trace minerals.
- Contains less sodium than refined table salt.
- Supports hydration and electrolyte balance.

Flavor & Texture



- Delicately moist with an irresistibly soft, velvety texture.
- Subtle, complex flavor compared to regular sea salt.
- Perfect for finishing dishes or natural seasoning.

What is Celtic Salt?

Celtic salt has been used for centuries in French cuisine. *Famous for its unique texture, color, and mineral content.*

LET'S CONNECT ✨

Celtic salt sets itself apart from standard sea salt with its traditional hand-harvesting techniques and exceptional nutrient profile. Naturally sun-dried and slightly moist, it's packed with trace minerals that aid hydration, electrolyte balance, and overall wellness. While both originate from ocean water, Celtic salt remains purer, minimally processed, and richer in natural minerals, delivering a delicate, nuanced flavor along with notable health benefits—making it a superior choice for anyone seeking a more authentic, nutrient-dense salt.



<https://calorietrackerbuddy.com/blog/celtic-salt-everything-you-need-to-know/>