



Celtic Sea Salt

Product Guide



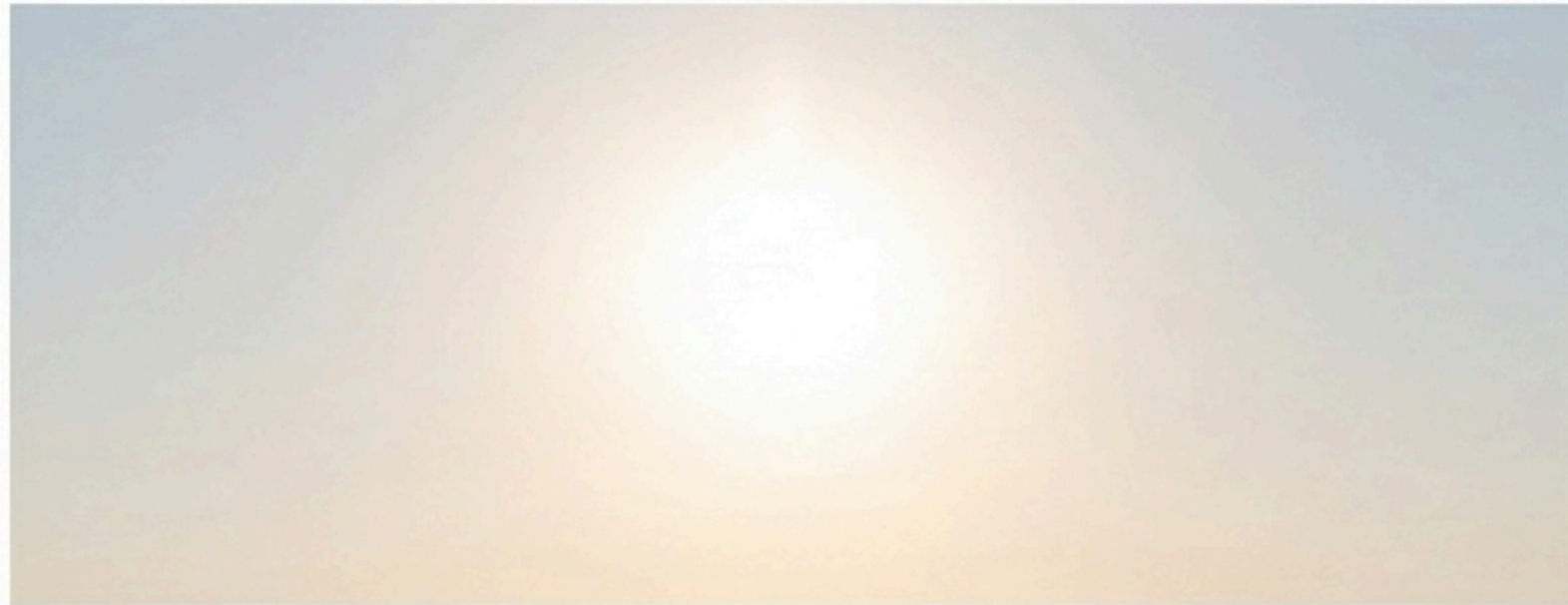


A Reflection of Nature's Intent

Wellness begins with the small, consistent choices made every day. Elara Grace Celtic Sea Salt is a reflection of this philosophy-natural, simple, and close to the source.

Unlike refined table salts, this is a product of intentional living, designed to help you move away from ultra-processed ingredients and reconnect with real food.





The Protected Marshes of Guérande

Sourced from the coastal salt marshes of France.

Our salt is harvested using methods practiced for generations. It is not mined or manufactured; it is naturally harvested through traditional methods.

- **The Elements:** Sun, wind, and clay-lined ponds gently evaporate seawater.
- **The Result:** A slow process that preserves natural moisture and the salt's characteristic soft grey colour.
- **Sustainability:** Hand-harvested in small batches to support traditional craftsmanship and the local ecosystem.



Why Choose Elara Grace?

- Naturally Unrefined: Minimally processed and free from bleaching.
- Zero Additives: No anti-caking agents or chemical treatments.
- Moisture Rich: Retains the natural brine of the ocean.
- Trace Minerals: Contains naturally occurring elements from the clay ponds.
- Clean Flavour: A balanced taste that speaks to its purity.
- Whole-Food Lifestyle: Supports a mindful approach to nutrition.

Celtic vs Refined Table Salt

Celtic Sea Salt	Refined Table Salt
<p>✓ Processing Naturally harvested by hand from clay-lined salt ponds, sun and wind dried</p>	<p>✓ Heavily processed, refined at high temperatures and stripped of minerals</p>
<p>✓ Additives No anti-caking agents, bleaching, or chemical treatments</p>	<p>✗ Often contains anti-caking agents, bleaching agents, and other chemicals</p>
<p>✓ Texture & Moisture Coarse, moist, retains natural minerals and brine</p>	<p>✗ Fine, dry, devoid of natural moisture</p>
<p>✓ Flavour Rich, complex, slightly briny taste</p>	<p>✗ One-dimensional, overly salty</p>
<p>✓ Lifestyle Alignment Supports a whole-food, natural lifestyle</p>	<p>✗ Paired with highly processed foods</p>



Who Is Celtic Sea Salt For?

This product is designed for individuals and families who value quality, simplicity, and a more natural approach to everyday living.

Ideal for:

- People moving toward a whole-food and minimally processed lifestyle
- Families looking to reduce ultra-processed ingredients in their kitchens
- Wellness-conscious individuals who prioritise clean, thoughtfully sourced products
- Active individuals and athletes focused on hydration and balance
- Those who enjoy cooking and want to enhance the natural flavour of their food
- Clients seeking simple, foundational steps to support long-term wellbeing
- Anyone wanting to reconnect with real, natural ingredients in daily life.

Elara Grace Celtic Sea Salt supports a calm, consistent, and grounded approach to health, without extremes or quick fixes.



Understanding the Mineral Profile

Celtic Sea Salt contains small amounts of naturally occurring minerals including magnesium, calcium, potassium, and zinc. These contribute to its unique taste and composition.

While these minerals are present, the true value of this salt lies in its purity and minimal processing, rather than serving as a substitute for nutritional supplementation.

An honest ingredient for a transparent life.

Supporting Natural Hydration

Sodium is an essential electrolyte that supports fluid balance, nerve signalling, and muscle function.

Water alone is sometimes not enough to support optimal hydration. A small pinch of Celtic Sea Salt may support hydration when used alongside adequate fluid intake, balanced nutrition, and healthy daily habits.

This simple addition supports a consistent and balanced approach to hydration and lifestyle.

Hydration is influenced by many factors, including fluid intake, diet, activity levels, and environmental conditions.



Simple Hydration Support

- 2-3 grains of Celtic Sea Salt may be placed on the tongue, followed by a glass of water
- Alternatively, add 2-3 grains to a glass of water and allow them to dissolve before drinking
- Supports a consistent and mindful approach to daily hydration.
- Hydration needs may vary depending on lifestyle, activity levels, nutrition, and environment.
- Use in moderation as part of a balanced diet. Do not exceed 1/4 teaspoon per day.





A Foundation for Whole-Food Living

Celtic Sea Salt fits naturally into a whole-food and minimally processed lifestyle. It encourages a return to simple, real ingredients and supports a more intentional approach to everyday nutrition.

Choosing natural, unrefined salt is often part of a broader shift away from highly processed and preservative-laden foods, and toward mindful, conscious daily habits that support long-term wellbeing.

Small, consistent changes in daily choices often create the most meaningful long-term impact.

Taste & Culinary Experience

Flavor Profile.

Clean, slightly briny, and moisture-rich.

Usage

- Season everyday meals.
- Finish salads and vegetables for a textural crunch.
- Enhance the natural flavors of meats, seafood, and soups.

Preferred by chefs and food enthusiasts, unrefined salt brings depth and complexity to food that refined salt cannot match.





Self-Care & Natural Use

Celtic Sea Salt has been used for generations in simple self-care practices that support relaxation and restoration.

- Mineral Baths: Add to warm bath water to support relaxation and help ease tension after a long day
- Body Scrubs: Combine with natural oils to gently exfoliate and refresh the skin
- Foot Soaks: Dissolve in warm water to create a calming and restorative soak

These simple practices support relaxation and encourage a balanced and restorative approach to daily wellbeing.

Balance & Moderation

Crucial Context

All salt, whether natural or refined, should be used in moderation. Excessive intake may contribute to health concerns such as high blood pressure.

The Position

We view Celtic Sea Salt as a natural food ingredient and part of a balanced lifestyle, not a medical cure.

***If you have specific dietary or medical concerns,
please consult a qualified healthcare professional.***

A Simple Return to Nature

Celtic Sea Salt is more than just an ingredient. It supports a simple, grounded approach to daily wellbeing through small, consistent choices.

