

Doctor Recommended

"This (Celtic Sea Salt® Brand) is the one I use. It has a long track record with me. This is what I recommend for my patients."

Dr. David Brownstein, M.D.

"Celtic Sea Salt® is the whole, unprocessed, natural salt I always recommend."

Lynne August, M.D.

"We recommend a natural, unrefined salt called Celtic Sea Salt®... it includes many trace minerals including sodium chloride and magnesium salts."

*Jordan Rubin, N.M.D., and
Joseph Brasco, M.D.*

"I've enjoyed using Celtic Sea Salt® for several years now. It enhances the flavor of whole foods and provides me and my family with a superior source of trace minerals."

Christiane Northrup, M.D.

"Many illnesses are caused or exacerbated by trace-mineral deficiencies. These can be avoided by the liberal use of Celtic Sea Salt® in your cooking and the complete avoidance of all other salts, all of which contain only pure sodium chloride."

Thomas S. Cowan, M.D.

"The coarse Celtic Sea Salt® is truly stunning. It adds a clean refined note to the food, and helps to enhance natural flavor. I've had a love affair with this product for over 10 years."

*Chef Charlie Trotter,
Charlie Trotter's Restaurant*

Celtic Sea Salt® Brand vs. Table Salt

The salt normally used in most homes and restaurants is very different from nature's original seasoning, Celtic Sea Salt® Brand. Table salts are mined from the earth with bulldozers & heavy machinery, often resulting in a negative environmental impact. The salt is then iodized, bleached, and diluted with chemical anti-caking agents. The end result is a far cry from naturally pure Celtic Sea Salt® Brand.

The artisan's special care and the miracle of nature join forces to create the phenomenon that is Celtic Sea Salt® Brand. Try it for yourself and see why thousands of people around the world have come to revere flavorful & healthy Celtic Sea Salt®.



The Celtic Sea Salt® Brand is referenced in more than 300 culinary and nutritional books and journals.

To Receive Our Catalog and a
FREE Sample, Call Toll Free

1-800-867-7258

or visit us online

CelticSeaSalt.com

We also offer organic foods,
supplements, vitamins and minerals,
kitchen tools and sea salts on our website
SelinaNaturally.com

SELINA NATURALLY®
Celtic Sea Salt®
BRAND

Doctor Recommended Since 1976

Unrefined, Sustainably Harvested, Kosher Sea Salt



FLOWER

GREY

FINE

Taste the Difference

We travel throughout the great salt-producing regions, hand-selecting only the best quality to become Celtic Sea Salt®. Each harvest is carefully inspected to ensure that the salt meets our uncompromising standards of harvesting, mineral content, taste, texture, smell, color and crystal integrity. Only then can it bear the name of Celtic Sea Salt®. Using Celtic Sea Salt® for all your cooking needs will enrich the taste of your foods while adding vital nutrients to your diet.



Why Choose Celtic Sea Salt®?

- *Doctor Recommended Since 1976*
- *Sustainably Harvested*
- *More Nutritious than Table Salt*
- *Lower in Sodium*
- *Additive Free*
- *Exquisite Taste*
- *Certified Kosher*

Doctor Recommended Vital Minerals

Celtic Sea Salt® Brand is highly recommended by many health professionals and chefs. Celtic Sea Salt® is a beneficial addition to most diets. The composition of our blood plasma, lymphatic fluid and extra-cellular fluid all mirror the chemical balance of the ocean water from which it is derived. The human body uses the minerals and trace elements in Celtic Sea Salt® to create electrolytes, maintaining these “internal oceans” which are vital to the proper functioning of every system in the body. It’s also naturally lower in sodium.

Celtic Sea Salt® Brand is sustainably harvested and dried by the sun and wind. Our products contain no anti-caking and bleaching agents, or other additives. Celtic Sea Salt® contains a natural balance of minerals and trace elements and is unmatched in flavor.

Light Grey Celtic® (whole crystal)

Light Grey Celtic® Sea Salt is a coarse, moist salt that gets its light grey hue from the pure clay lining of the salt beds it is harvested from. It may be ground with a mortar and pestle or in a ceramic salt grinder. Great for cooking, the crystals dissolve with heat and moisture, enhancing food with their assertive flavor.

Celtic Sea Salt® Fine Ground

Celtic Sea Salt® Fine Ground begins as Light Grey Celtic® and is then dried at a low temperature and ground. It works well as an all-purpose shaker salt and as a recipe ingredient.

Flower of the Ocean® (gourmet finishing)

Flower of the Ocean® is one of the finest salts in the world. It has an elegant, complex and delicate flavor balanced with a hint of sweetness. Top chefs use Flower of the Ocean® for its subtle characteristics and ability to enhance flavor. Use Flower of the Ocean® as a gourmet finishing salt.

Also known as “Fleur de Sel”, Flower of the Ocean® is a natural phenomenon of the salt flats when the weather conditions are just right the small, delicate crystals form on the surface of the salt brine.

The Finest Salt Available

Each salt harvest is carefully inspected, and the cream of the crop is hand selected to bear the name of Celtic Sea Salt®. Visit CelticSeaSalt.com for more product information and accessories.



Shop online at SelinaNaturally.com