

# Crystal Quick Reference

## Quartz - Snowy or White

### Snowy Quartz

Snowy quartz is a stone that brings good fortune. It is also a calming and soothing stone. Snowy quartz is helpful for meditation, and looking within. It also has all the properties of clear quartz to a gentler degree. Snowy quartz is often used for purification. Physically, it is beneficial for the immune system.