

# Flash Sweat

## In-Game Description

*Pyromancy of Carmina, who harnessed the power of flame to actualize the inner-self.*  
*Intense sweating reduces flame damage.*

*Carmina, the most accomplished pupil of Salaman the Master Pyromancer, pioneered new directions for the art of pyromancy.*

## Availability

- Sold by Laurentius of the Great Swamp in Firelink Shrine.

## General Information

MagAdj Modifier	Uses	Duration	Dex Reduction	Stats Needed	Slot Cost	NPC Trainer	Training Cost
0/0/0/0	3	60 seconds	0 frames	-	1 Attunement Slot	Laurentius of the Great Swamp	2,000 souls

- Coats body with water. Reduces fire damage by 45%
- Useful for surviving the Hellkite Dragon's breath attacks and acquiring the Chaos Flame Ember without the Orange Charred Ring
- Counts as personal buff. Cannot stack with these items/spells:  
Bountiful Sunlight, Chameleon, Elizabeth's Mushroom, Great Magic Barrier, Green Blossom, Hidden Body, Hush, Iron Flesh, Karmic Justice, Magic Barrier, Power Within, Replenishment, Transient Curse,

# Key

<b>MagAdj Modifier:</b>	<p>The Magic Adjustment Modifier stat dictates how much damage the spell does. The Damage stats for a weapon are W / X / Y / Z:</p> <ul style="list-style-type: none"><li>• W is Physical Damage</li><li>• X is Magical Damage</li><li>• Y is Fire Damage</li><li>• Z is Lightning Damage</li></ul> <p>Certain enemies are weak or strong against different damage types.</p>
<b>Uses:</b>	<p>The number of times a spell can be used before having to refill it by sitting at a bonfire. Having found and attuned multiple of the same spell will multiply the number of times it can be used. Some spells will reduce the counter by more than 1 with each cast.</p>
<b>Duration:</b>	<p>The duration casted buffs, lingering or the player following attacks last. Can be extended with the Lingering Dragoncrest Ring.</p>
<b>Slot Cost:</b>	<p>The number of attunement slots necessary to attune one instance of a spell.</p>
<b>Stats Needed:</b>	<p>The Stats Needed determines how high various Stats must be in order to cast a spell. One also needs to be able to wield the catalyst used. Pyromancies do not require any stats, Sorceries require a minimum Intelligence, Miracles require a minimum Faith.</p>
<b>Dex Reduction:</b>	<p>The number of frames by which the startup of a spell is shortened at 45 dexterity, see Casting Speed.</p>
<b>NPC Trainer, Training Cost:</b>	<p>The NPC who can teach the player the spell for the Training Cost.</p>