

# Iron Flesh

## In-Game Description

*Pyromancy of Carmina, who harnessed the power of flame to actualize the inner-self.*  
*Iron flesh boosts defense and resilience.*

*Use of this pyromancy requires caution, as the caster becomes exceedingly heavy and unable to move freely.*

## Availability

- Sold by Laurentius in Firelink Shrine.

## General Information

MagAdj Modifier	Uses	Duration	Dex Reduction	Stats Needed	Slot Cost	NPC Trainer	Training Cost
0/0/0/0	3	30 seconds	0 frames	-	1 Attunement Slot	Laurentius of the Great Swamp	2,000 Souls

- Turns caster's body to that of solid metal:
  - Cuts physical damage by 40% and raises Lightning damage by 45%, no effect on fire defense
  - Gains Deflection effect, with a value of 65
  - Disables/reduces running and dodging as if over encumbered
- It is recommended to wear heavy armor while using this, as you will already be over encumbered, so heavy armor will only help
- Counts as personal buff. Cannot stack with these items/spells:  
Bountiful Sunlight, Chameleon, Elizabeth's Mushroom, Flash Sweat, Great Magic Barrier, Green Blossom, Hidden Body, Hush, Karmic Justice, Magic Barrier, Power Within, Replenishment, Transient Curse,

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