

# Old Growth Balm


## In-Game Description

*A balm extracted from a rare plant.  
Temporarily increases strength.*

*This special fragrant oil affects the mind,  
granting a fleeting sense of empowerment.*

## Use

Increases Strength by five points for 45 seconds.

## Availability

- Three on a corpse near the Sanctum Walk bonfire in Shulva, Sanctum City.
- Three on a thin ledge you have to drop down to in Shulva, Sanctum City.
- Five in a metal chest next to the first two Sanctum Knights in Dragon's Sanctum.
- One in the room full of Corrosive Egg Insects in Dragon's Sanctum.
- One just before the Jester Thomas invasion in Dragon's Sanctum.
- Two early in Brume Tower, on the central pillar.
- Three in the room before the Smelter Demon in Iron Passage.
- Dropped by Sanctum Soldiers.
- Dropped by Corrosive Egg Insects.