

# Iron Flesh

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## In-Game Description

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*A pyromancy that internalizes the power of flame.  
Turns the body into iron,  
increasing defense and resistance.*

*As one might guess, the rock-solid flesh enabled  
by this spell dramatically slows movement.  
Guaranteed to cause trouble if used  
at an inopportune moment.*

## Use

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A spell that significantly increases resistances while reducing mobility.

## Buffs

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- Increases all physical resistances (Strike, Slash, Thrust) and Poise by 100 points.
- Increases all elemental and status effect resistances (Magic, Fire, Lightning, Dark, Poison, Bleed, Petrify, Curse) by 200 points.
- Includes hidden modifiers that apply to the physical and elemental damage resistances (but not status effect resistances), making it more effective than the above numbers indicate.<sup>1</sup>

## De-buffs

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- Adds 65 points to equipment load burden.

## Availability

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Sold by Rosabeth of Melfia for 3,500 souls.

# Stats

Spell Type	Uses	Duration	Attunement Slots
Self/Buf	2-4	25 sec	1

## Cast Increases with Attunement

Attunement	Uses
10	2
43	3
94	4

# Notes

- The effectiveness of Iron Flesh was buffed in Calibrations 1.08. Most notably, the burden on equipment load was reduced from 100 to 65, making the required Vitality to avoid slow-rolling much lower than before.
- Having **0%** equipment load, don't have any armor or weapons equipped except for either Pyromancy Flame, and the following vitality stat to be able to roll:
  - **12** vitality for a **Fat** roll.
  - **40** vitality for a **Mid** roll.
- Its duration can be increased by about 10 seconds using the Lingering Dragoncrest Ring +2.

Footnotes 1. Source discussion.