

# Gtaar's Bracers of Tranquility

November 18, 2022



Wondrous Item, common

These brown bracers, made from a [giant centipede](#) exoskeleton, attach to a limb with leg-like clips. When worn, they reduce the IE of [Cramps](#) on arms or legs by 2 while worn by relaxing the cramping muscles, but they also cause IE 2 Numbness and Paralysis to the affected limb after being worn for a minute. The paralysis lasts for 2d4 minutes after the bracers are removed.