

Almasa's Breastplate of Breathing

August 4, 2022

Wondrous Item, common

This royal blue breastplate offers the same protection as the nonmagical equivalent, but when worn, it relaxes the diaphragm to reduce chronic hiccups' IE by 2. Because of this relaxing effect, you cannot speak louder than a whisper or cast spells requiring a verbal component, and because you can't take deep breaths, your ability to hold your breath is measured in rounds instead of minutes.