

VITAMANCY SPELL LIST

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SPELL DESCRIPTIONS

The spells are presented in alphabetical order.

ANTIA'S FAITHFUL COMPANION

6th-level vitamancy

Casting Time: 1 action

Range: 300 feet

Components: V, S, M (a fang from a Winter Wolf)

Duration: Concentration, up to 1 minute

A frigid breeze picks up in the area, carrying with it the sound of a wolf's howl. A Huge ethereal wolf manifests in a space you choose within range. For the duration of the spell you can use an action to command the wolf to do one of the following:

- Attack a target of your choosing within 10 feet of the wolf. Make a melee spell attack. On a hit, the wolf deals $6d10$ cold damage. The wolf can not make opportunity attacks.
- Move to a space you designate. The wolf has 200 feet of movement, and can pass through creatures and objects as though they were difficult terrain. If it ends its movement in an occupied space, it is shunted to the nearest unoccupied space.
- Howl. The howl can be heard up to 500 feet away, and any creature that hears it must make a Wisdom saving throw versus your spell save DC or become frightened of the wolf for 1 minute. A frightened creature can not willingly move closer to the wolf. If a frightened creature starts its turn within 10 feet of the wolf it must immediately use its full movement to move away from the wolf. Up to 5 creatures that you designate are immune to this effect.
- Escape. Up to 3 willing medium creatures that you designate within 10 feet of the wolf are lifted on to its back. At the start of your next turn the wolf begins to dash in a direction of your choosing. Unless otherwise commanded by you, the wolf will continue to dash for the duration of the spell. Those travelling on the wolf are temporarily able to pass through objects and creatures. This effect is removed from a creature if it dismounts from the wolf.

The wolf can perform other tasks in and out of combat at the DM's discretion.

At the end of the spell's duration, or when dismissed by you as an action, the wolf lets out a quiet whimper and vanishes along with the cold breeze.

ANTIA'S FRIGID CLAW

2nd-level vitamancy (ritual)

Casting Time: 1 action

Range: 30 feet

Components: S, M (a tuft of fur from a white wolf)

Duration: Concentration, up to 1 hour

Choose a 5-foot-square unoccupied space within range. A wintery breeze flows through that space, pulling moisture from the air and forming it into a clawed wolf's paw.

The paw travels with you, and you can command it as a free action to move to a desired space up to 30 feet within your range.

The paw can interact with objects as though it was solid, and can carry up to 150 pounds.

You can use your action to command the paw to attack a target within range.

When you do so, make a melee spell attack. On hit, the target takes 2d6 cold damage and must make a Dexterity saving throw or be knocked prone.

At Higher Levels. When you cast this spell using a spell slot of 3rd level or higher, the damage increases by 1d6 and carry weight by 50 pounds per slot level above 2nd.

ANTIA'S IMMINENT PERIL

9th-level vitamancy

Casting Time: 1 minute

Range: 1 mile

Components: V, S, M (a longsword worth at least 10 gp)

Duration: 2 hours

Holding aloft the sword used as the material component, you manifest an arcane circle high in the air in a location of your choosing within range.

A colossal sword emerges from the arcane circle, hanging in the air for the duration of the spell.

After the spell reaches its full duration, unless dispelled by you as an action, the sword falls to the ground dealing massive damage in a 500-foot radius sphere.

All creatures and objects within 100 feet of the center of the sphere take 20d20 piercing damage. The damage ignores any resistances or immunities.

Within the next 200 feet of the sphere, creatures can make a Constitution saving throw versus your spell save DC. A creature takes 20d12 slashing damage on a failed save, or half as much on a success.

Within the final 200 feet of the sphere, creatures can make a Dexterity saving throw versus your spell save DC. A creature takes 20d10 bludgeoning damage on a failed save, or half as much on a success.

The fallen sword embeds itself into the ground, turning to stone after it has stopped moving.

APPORTATION

4th-level vitamancy

Casting Time: 1 action + 1 bonus action

Range: 30 feet

Components: V, S, M (a melee weapon worth at least 50 sp)

Duration: Instantaneous

You draw your hand across the length of your weapon, igniting it with crackling red energy and vanishing from where you stand.

Choose up to 5 creatures you can see within range. Your life force is divided as an avatar of yourself appears in an unoccupied space within 5 feet of each target. Make a melee spell attack against each target. On hit, a target takes 4d12 lightning damage.

You are then returned to the space from which you cast the spell unless a creature uses an ability that prevents you from leaving its range. If this happens you instead reappear in the space your avatar occupied next to the creature.

If more than one of the targets uses an ability that prevents you from leaving their range, the DM decides which space you appear in.

At Higher Levels. When you cast this spell using a spell slot of 5th level or higher, the damage increases by 1d12 for each slot level above 4th.

ASSIMILATE

5th-level vitamancy (ritual)

Casting Time: 1 action

Range: Touch

Components: V, M (a fish scale and a small length of copper wire)

Duration: Instantaneous

You place your hands on the head of a living creature and briefly entangle your life essence with theirs, glimpsing into their memories. As you search their mind, the target can make an Intelligence saving throw versus your spell save DC to break the connection and prevent you from seeing any of their memories.

If the target has an intelligence of 10 or higher, it can instead attempt to glimpse in to your memories by making a successful Intelligence ability check versus your spell save DC.

Looking at a memory in this way allows you to see precisely what the target saw during the chosen event. If you do not know the exact time or event you are searching for describe it to the best of your ability; the memory you find will be the one that most accurately fits the description.

AVARA'S ABATING VOID

5th-level vitamancy

Casting Time: 1 action

Range: 60 feet

Components: S

Duration: Concentration, up to 10 minutes

You forcefully pull at the natural weave, creating a pulsing black void.

You create a 10-foot diameter sphere centered on a space you can see within range. Any creature within a 15-foot radius of the perimeter of the sphere must succeed on a Dexterity saving throw or be pulled 10 feet towards the center of the sphere. The sphere and its aura are difficult terrain.

A creature that enters the sphere for the first time in a round or starts its turn there must make a Constitution saving throw, taking 2d12 necrotic damage on a failed save or half as much on a success.

The void is created by a sudden absence of magic within the weave, creating a vacuum that drains magical creatures and objects after enough exposure.

Any magical objects worn or carried by a creature that spends three consecutive rounds inside the void will be suppressed as the void drains them of their power, similar to the effects of an Antimagic Field spell. This suppressive effect will immediately dissipate when the magical objects exit the void's space.

Any magical object that spends 10 minutes within the void will have its effects suppressed for 2d20 days. At the DM's discretion, certain powerful items or effects may not be affected by this spell.

AVARA'S TETRAHEDRON

3rd-level vitamancy

Casting Time: 1 bonus action

Range: Self

Components: V, S

Duration: 1 hour

A translucent tetrahedron forms and begins to orbit in the air above you, its center sparking with arcane energy. As a bonus action on each of your following turns you can speak an arcane word and designate a target within 90 feet of you that you can see. When you designate a target, choose whether the spell will have a positive or a negative effect.

One side of the tetrahedron fades away and a jolt of arcane energy leaps to the target. Roll off of the appropriate table.

Positive:

d4	Effect
1	+1 AC
2	+2 to saving throws
3	+3 to attack rolls
4	+4 to ability checks

Negative:

d4	Effect
1	-1 AC
2	-2 to saving throws
3	-3 to attack rolls
4	-4 to ability checks

If the target is unwilling they may make a Charisma saving throw when targeted by this spell's effect. The effect lasts for 2 rounds on a failure, or 1 round on a success. Only one effect can be active at a time. If an effect is still active when you trigger a new effect, the first one dissipates. The tetrahedron fades after 4 uses.

At Higher Levels. When you cast this spell using a spell slot of 4th level or higher, the number of uses increases by two and effect duration by 1 for each spell slot above 3rd.

BENEDICTION

2nd-level vitamancy (ritual)

Casting Time: 1 minute

Range: 30 feet

Components: V, S

Duration: Instant

You bestow your own vitality upon your allies. When casting this spell you can choose to convert up to half of your current hit points in to spell slots for your allies.

This conversion happens at a rate of 5 hit points per spell slot level restored up to level 5, and 10 hit points per spell slot level above level 5. Reduce your max hit points by half (rounded up) the total current hit points spent. This reverts after a long rest.

You can restore any number of spell slots to any number of allies within range as long as the conversion does not exceed half of your current hit point total. You can not restore your own spell slots using this spell.

BLOOD BOUND

2nd-level vitamancy

Casting Time: 1 action

Range: Touch

Components: V, M (a vial of your blood, which the spell consumes)

Duration: Until Dispersed

You place your hand on a closed door latch, lock, container, or other such object, and it becomes locked until dispelled. You take 1d4 piercing damage when locking an object in this way. The lock can only be opened by touching it with the same hand used to lock it. The hand does not need to be attached to the caster in order to open the lock.

An object locked in this way is more difficult to break or force open by conventional means; the DC to break or pick it increases by 12.

You must cast this spell on the same object in order to dispel it, at which point you receive 1d4 temporary hit points.

BLOOD SPIKE

Vitamancy cantrip

Casting Time: 1 action

Range: 5 feet

Components: V, M (a small iron needle)

Duration: Instantaneous

You shout an arcane word and erupt with energy. Dozens of crimson spines erupt from your body and pierce all targets within 5 feet of you. All creatures within range must make a Constitution saving throw or take 1d6 acid damage.

The spell's damage increases by 1d6 when you reach 5th level (2d6), 11th level (3d6), 17th level (4d6).

BURST

4th-level vitamancy (ritual)

Casting Time: 1 minute

Range: Touch

Components: V, M (a living insect, which the spell consumes)

Duration: 8 hours

You place your hand on a willing creature and manipulate the stream of vitality within them, making it volatile and reactive.

If the targeted creature is reduced to 0 hit points they let off a burst of healing energy in a 60-foot radius centered on them. Each ally within range receives healing equal to the amount of damage that reduced the targeted creature to 0 hit points. The targeted creature is not healed by this spell.

A creature that is targeted by this spell can not be targeted by it again for 48 hours.

COLOSSEUS

3rd-level vitamancy

Casting Time: 1 action + 1 bonus action

Range: 30 feet

Components: V, S

Duration: Concentration, up to 7 days

In an explosive burst of light, you expand the natural weave of magic within yourself, creating a shimmering 30-foot radius sphere centered on yourself.

The sphere extends beyond solid surfaces, capturing creatures and objects within it.

Creatures, objects, and spell effects can pass freely in to the sphere, but can not pass out of the sphere. Teleportation, planar travel, and other such forms of movement are also blocked from moving out of the sphere, but can freely move in to it.

Extending your weave in this way is a painful process. At the end of each of each hour while this spell is active you must make a Constitution saving throw versus your spell save DC. On a failed save you take 1d6 necrotic damage.

While maintaining concentration on this spell you are rooted in place and can not move or be moved. For every 12 hours you maintain concentration on this spell your hit point maximum is reduced by 2d12 until you take a long rest.

If your hit point maximum is reduced to 0 you immediately die.

COMPELLING UPHEAVAL

9th-level vitamancy

Casting Time: 24 hours

Range: Sight

Components: V, S, M (a pinch of sand, a small stone, and a pouch of precious metals and gems worth at least 5000 gp, which the spell consumes)

Duration: Indefinite



Choose a space within range that is not already occupied by a visible settlement any larger than a village.

Over the course of the 24 hours it takes to cast this spell a mountain begins to upheave from the ground, centered on a point within range. You decide the mountain's size and shape.

The mountain's base can have a radius of up to 2 miles, and a height of up to 3 miles.

While creating the mountain you decide the topography of its surface as well as any tunnels or caverns within.

Upon completing a casting of this spell, if they are available you can choose to expend up to 35 levels worth of spell slots to create one of the following effects:

- The mountain is severed from the ground and begins to float in to the air, gradually overturning so

the peak points to the ground. The mountain will stop rising once the peak raises to 1000 feet above the ground. Choose the topography of the severed surface, keeping in mind that any elevations will leave a crater in the ground below.

- The mountain becomes an active volcano. You decide whether the volcano has violent sporadic eruptions, or if it slowly seeps magma from its core. You may designate an area on the volcano's surface that is safe from any destruction from the lava.
- The mountain sprouts a thick evergreen forest, teaming with plant life native to such regions. Over the course of the next year wildlife moves in and the forest develops a balanced ecosystem.

CONNECTION

Vitmancy cantrip

Casting Time: 1 action

Range: 30 feet

Components: V**Duration:** Instantaneous

You attempt to use the weave to form a bond with a target of your choice within range. The target must make an Intelligence saving throw versus your spell save DC.

On a failure, you learn one of the target's immunities, resistances, or vulnerabilities (the DM chooses which). At the same time, the target learns one of your immunities, resistances, or vulnerabilities (you choose which).

The number of traits learned increases by 1 when you reach 6th level (2), and 12th level (3).

CRYSTALLIZE*8th-level vitamancy***Casting Time:** 1 hour**Range:** 1 mile

Components: V, S, M (a single crystal worth at least 1500 gp, which the spell consumes)

Duration: Instantaneous

Over the course of an hour you twist and perverse the natural flow of living and non-living material in a 500-foot radius sphere within range.

After successfully casting the spell, a small translucent black seed crystal forms in the center of the sphere, spreading out and crystallizing all living and non-living material within the sphere over the course of 12 seconds.

Any creatures caught within the crystallizing sphere must succeed on a Constitution saving throw versus your spell save DC or be turned to crystal, suffering from the Petrified status effect.

The effect of this spell can be ended on a single creature by casting Dispel Good and Evil. When doing so, the caster of Dispel Good and Evil must succeed on a DC 20 Wisdom check or the spell fails.

The spell's effect becomes permanent and irreversible if a creature or non-magical object remains crystallized for more than 1 year.

DEVIANT VARIANCE*5th-level vitamancy***Casting Time:** 1 action**Range:** 120 feet

Components: V, S, M (a small living serpent, which the spell consumes)

Duration: Instantaneous

You disrupt how the natural weave of magic flows through a space within range, causing a catastrophic reaction.

When you cast this spell choose one of the following effects:

- You cause a 15-foot radius sphere of explosive flame to burst at a point within range. All creatures within the sphere's range must make a Dexterity saving throw versus your spell save DC. On a failed save a creature takes 8d8 fire damage, or half as much on a success.
- You alter the make up of all edible non-living material in a 15-foot radius sphere within range. This makes the material toxic, but is undetectable without the aid of magic. Any creature that eats the toxic material must succeed on a Constitution saving throw versus your spell save DC. On a failed save a creature becomes Diseased. In 24 hours the disease will manifest itself, appearing as a common cold. After 48 hours the symptoms will become flu-like, worsening from there. If a creature is not cured of the disease within 7 days they will die. The disease can be cured with any normal means of doing so.
- You create a whirlwind 20 feet in diameter and 40 feet high. The whirlwind obscures vision through its space and extinguishes any unprotected flames within 15 feet of it. Unsecured objects weighing no more than 20 pounds are lifted up and carried with the whirlwind. Any creature that starts its turn in or enters the whirlwind's space must make a Dexterity saving throw versus your spell save DC or take 4d8 bludgeoning damage and be thrown 10 feet in a random direction away from the whirlwind, falling prone. On a success, a creature takes half damage and is not thrown. As an action you can move the whirlwind up to 20 feet within your range. This effect requires concentration.
- You make the air within a 20-foot cube within range dense enough to become suppressive. Any creature that starts its turn or enters the cube's space must make a Constitution saving throw versus your spell save DC or be blinded and deafened as long as they remain inside of the cube. The cube's space is difficult terrain.
- You disrupt the weave in such a way that it bends the light within range, shaping it in to a harmful chromatic beam. Make a ranged spell attack against a target within range. On a hit, you deal 6d6 radiant damage. The target must succeed on a Constitution saving throw versus your spell save DC or be blinded until the end of your next turn.

At Higher Levels. When you cast this spell using a spell slot of 6th level or higher, the damage of the fire increases by 1d8, the disease takes effect 1 day quicker, the whirlwind's damage increases by 1d8, and the chromatic beam's damage increases by 1d6, for each slot level above 5th.

ENTRAPMENT

2nd-level vitamancy (ritual)

Casting Time: 1 action

Range: 120 feet

Components: V, M (a pinch of sand and a dried leaf)

Duration: Until dispelled or triggered

Upon casting this spell choose four spaces within range that are not behind total cover. An arcane glyph appears in each space. The glyph is visible to you and up to four creatures you designate at the time of casting.

If a creature occupies any space within a 15-foot cylinder on top of the glyph a flash of bright light fills the area within 30 feet and the glyph is triggered. Roll off of the glyph table to determine the outcome.

d4 Glyph Type

- | | |
|---|----------------------|
| 1 | Glyph of Blasting |
| 2 | Glyph of Imprisoning |
| 3 | Glyph of Blinding |
| 4 | Glyph of Stunning |

Glyph of Blasting. The target must make a Dexterity saving throw. Taking 2d12 fire damage on a failed save, or half as much on a success.

Glyph of Imprisoning. The target must succeed on a Charisma saving throw or be imprisoned within a magical bubble for 1 minute. The bubble is opaque and acts as full cover, inside and out. The target can repeat the saving throw at the end of each of its turns.

Glyph of Blinding. Each creature within 10 feet of the glyph must succeed on a Wisdom saving throw or suffer from the Blind condition for 1 minute. A creature can repeat the saving throw at the end of each of its turns.

Glyph of Stunning. The target must succeed on a Constitution saving throw or be stunned for 1 minute. The target can repeat the saving throw at the end of each of its turns.

A glyph vanishes after it has been triggered. Only one instance of this spell can be active at a time.

At Higher Levels. When you cast this spell using a spell slot of 4th level or higher, you can create 1 additional glyph, and the fire damage increases by 2d12 for every two slot levels above 2nd.

FOREWARN

1st-level vitamancy (ritual)

Casting Time: 1 minute

Range: Self

Components: S

Duration: 8 hours

You trace a small arcane sigil across your body that emits a dull red glow. The sigil can be hidden from view by clothing or armour. While the spell is active you become instantly aware of any creature that enters a 15-foot radius around you.

If you are asleep you are immediately woken up and know the location of the triggering creature. The spell ends after it is triggered. Any creature within the 15-foot radius when you cast this spell will not trigger its effects.

GRIP

1st-level vitamancy

Casting Time: 1 action

Range: 60 feet

Components: V, S, M (a piece of bone and an iron nail)

Duration: Instantaneous

You draw an arcane sigil in the air directed at a target of your choice within range. The target makes a Constitution saving throw versus your spell save DC. On a failed save, the target takes 2d12 necrotic damage, and their movement speed is reduced to 0 until the end of their next turn if they are no more than two sizes larger than you.

On a successful save, the target takes half damage and their movement speed is unaffected.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, the damage increases by 1d12 for each slot level above 1st.

INTERPOSE

4th-level vitamancy

Casting Time: 1 reaction

Range: 60 feet

Components: V

Duration: Instantaneous

You attempt to alter the magicks of a creature casting a spell, forcing the effect of the spell to shift.

If the creature is casting a spell of 4th level or lower, its effect is immediately changed. If the spell is 5th level or higher you must succeed on an Intelligence ability check. The DC equals $10 +$ the spell's level.

When this spell is used successfully it forces the target to choose a different spell that is available to them. The new spell is used instead.

The new spell must be of the same level as the original spell, or upcast to the same level. Any components required for the new spell instead use the components of the original spell.

MORTALIS GATEWAY *6th-level vitamancy (ritual)*

Casting Time: 1 action

Range: 500 feet

Components: V, S, M (a jeweled crown worth at least 700 gp)

Duration: Concentration, up to 1 minute

Donning a crown of jewels, you tap in to the lingering vitality of those who have died in battle.

Seven glowing arcane circles appear in any unoccupied spaces of your choosing within range. A weapon emerges from each circle, flying towards a target you choose within 10 feet of it. Make a ranged

spell attack for each weapon. On a hit, the target takes 2d10 psychic damage.

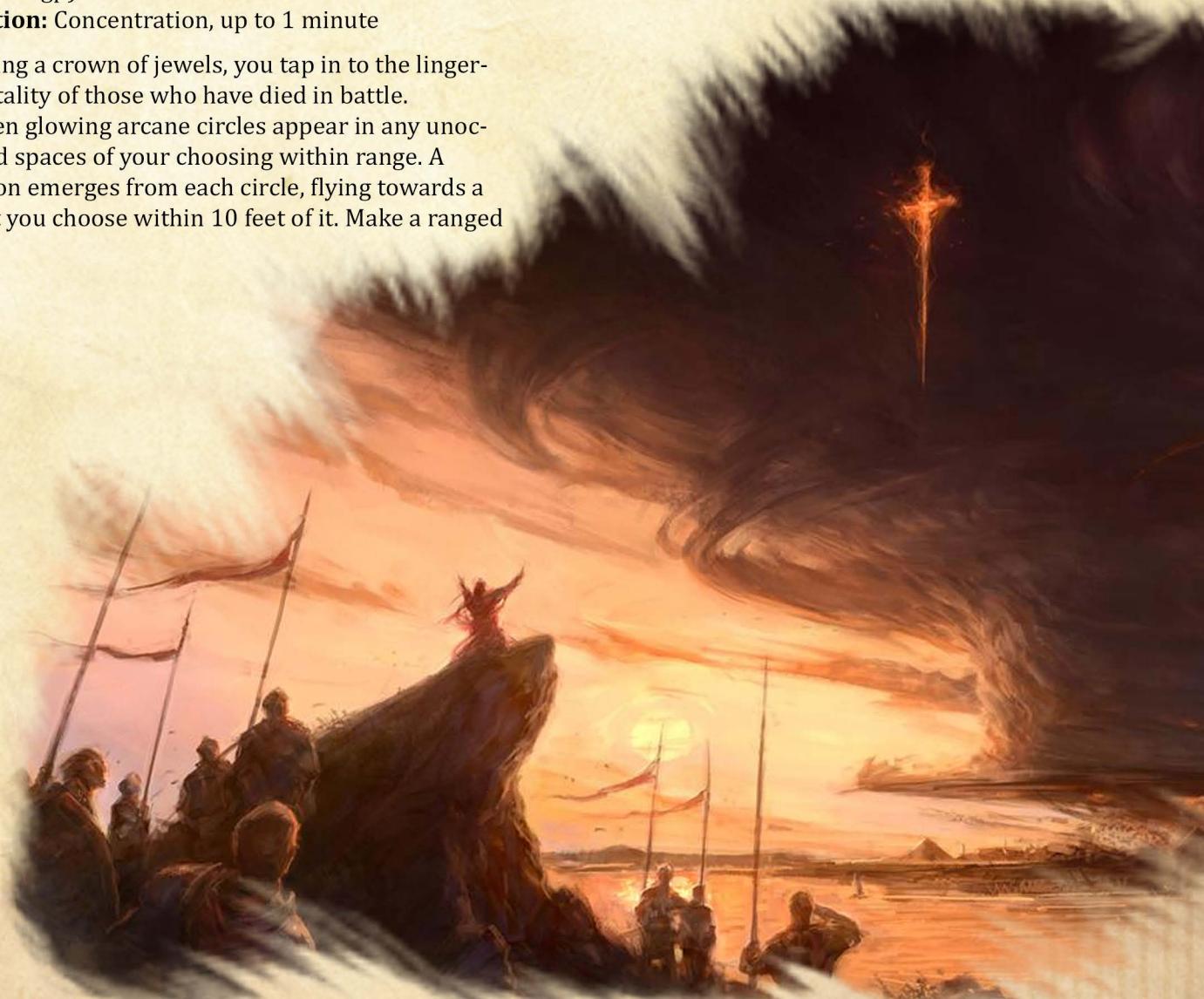
The type of weapons that appear are dependent on your location, and resemble weapons used in any battles that took place in the area within the last 1000 years. If no battles took place nearby, the weapons take the form of shining silver spears.

Any weapon that emerged from the portals remains in the material plane until the end of the spell, at which point they vanish.

While concentrating on this spell, you can call forth another wave of weapons from the portals as an action. The portals can not be moved once created. Each portal counts as a separate magical effect if *Dispel Magic* is used.

Additionally, while concentrating on this spell you are unable to cast any other spells.

At Higher Levels. When you cast this spell using a spell slot of 7th level or higher, the weapon damage increases by 1d10 and you can create 1 additional portal for each slot level above 6th.



NECROTIZE

4th-level vitamancy

Casting Time: 1 action

Range: 60 feet

Components: V, S, M (a vial of diseased bile)

Duration: Concentration, up to 1 minute

You pull at the skein of the weave, unraveling its threads to twist the magic around you.

Choose an area you can see within range. Up to 5 creatures of your choosing within a 30-foot radius of that area must make a Constitution saving throw versus your spell save DC or be affected by this spell.

While a creature is affected by this spell all forms of magical healing become harmful to it, dealing force damage instead of restoring health. A creature can use its action on its turn to repeat the saving throw, ending the effects on a success.

Druids affected by this spell are considered vulnerable to the damage.

NOSTRUM

1st-level vitamancy

Casting Time: 1 action

Range: 15 feet

Components: S

Duration: Instantaneous

You point towards a creature and rejuvenate them with healing energy, healing them for $2d4 + \text{your spellcasting modifier}$. This spell is half as effective on undead, and has no effect on constructs.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, the healing increases by $2d4$ for each slot level above 1st.

REBOUND

5th-level vitamancy

Casting Time: 1 reaction

Range: 60 feet

Components: S

Duration: Instantaneous

You extend your hand, igniting the air with an arcane circle, and attempt to interfere with a creature in the process of casting a spell or using a magical ability. If the creature is casting a spell of 5th level or lower, its spell fails and has no effect. If it is casting a spell of 6th level or higher, make an ability check using your spellcasting ability. The DC equals $10 + \text{the spell's level}$. On a success, the creature's spell fails and has no effect.

If the creature is using a magical ability, make an ability check using your spellcasting ability. The DC equals $10 + \text{the target's Intelligence modifier}$. On a success, the creature's magical ability fails and has no effect.

If the creature's spell or ability would do damage or apply a harmful condition to you or your allies, the creature must make an Intelligence saving throw versus your spell save DC. On a failure the spell or ability is rebounded back at the target and they instead suffer its effects.

RECALL

4th-level vitamancy

Casting Time: 1 minute

Range: Touch

Components: V, S, M (a short length of cotton thread)

Duration: Concentration, up to 10 minutes

You temporarily bind a willing creature's life force to you own.

While bound in this way you and the creature can communicate telepathically within 90 feet of each other. If neither of you have at least one language in common, or if one of you does not have spoken language, you can communicate by sharing emotions.

As long as the bound creature remains within the 90-foot range of this spell you can use a reaction to teleport the creature to an unoccupied space within 5 feet of you. The spell then ends.

The spell ends if the creature leaves your range, or your concentration is broken.

At the end of the spell's duration the creature is immediately teleported to you.

You can end concentration as a free action without teleporting the creature.

RECLAIM

4th-level vitamancy

Casting Time: 8 hours

Range: Touch

Components: V, S, M (a red gem worth at least 750 gp, which the spell consumes)

Duration: Instantaneous

You attempt to connect with the soul of a dead creature that has been dead for no more than 5 days. If the creature is willing, it is returned to life with half of its hit points once the casting of this spell is complete.

If the creature is not willing, you can attempt to force it in to its body, a recently deceased corpse, or a glass vessel such as an empty potion bottle. The creature must succeed on a Wisdom saving throw versus your spell save DC to resist. On a success, your casting of the spell is interrupted and the material components are consumed.

A creature brought back to life from this spell no longer suffers from any natural ailments, such as poison or disease, that it suffered from upon death. This spell closes any open wounds but does not restore missing body parts.

Casting this spell strains your own life force and drains you of your energy. After using this spell, even if it is unsuccessful, you suffer from 2 points of exhaustion.

REVITALIZE

Vitamancy cantrip

Casting Time: 1 bonus action

Range: 15 feet

Components: V, S, M (a small red gem worth at least 25 gp, which the spell consumes)

Duration: Instantaneous

You reach deep in to the life force of a fallen ally and reignite the spark within, bringing them back from unconsciousness.

When you cast this spell on an unconscious ally you restore 1d4 hit points to them, bringing them back from unconsciousness. Casting this spell on an ally that is dead or not unconscious will have no effect, but will still consume the spell components.

SALVO

1st-level vitamancy

Casting Time: 1 bonus action

Range: 30 feet

Components: S, M (a small mushroom)

Duration: Instantaneous

You manipulate the weave surrounding the life force of a creature within range, temporarily creating an unstable reaction in their bloodstream.

The target makes a Constitution saving throw versus your spell save DC. On a successful save, the spell has no effect.

On a failed save, the next time the target takes damage they take an additional 2d6 poison damage, and crimson tendrils erupt from their body in a 10-foot radius around them.

Each target within range must make a Dexterity saving throw versus your spell save DC or take 1d6 piercing damage from the tendrils. The spell then ends.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, the initial damage and the damage from the tendrils increase by 1d6 for each slot level above 1st.

SEEK PATH

7th-level vitamancy

Casting Time: 1 reaction

Range: Self

Components: S

Duration: Instant

You tug at the threads of residual magic, pulling yourself along their intended path.

When a creature you can see uses any kind of teleportation magic, such as the Teleport or Plane Shift spells, you can use your reaction to cast this spell in an attempt to follow them. When you do you must make an Intelligence saving throw versus your own spell save DC.

On a success, you and up to five willing allies you can see are pulled to the same destination as the target of this spell.

On a failure, you remain where you are and instead learn the destination of the targeted creature, and receive a brief glimpse of this location.

This glimpse can give you general details of the surroundings, such as seeing the walls lined with bookshelves, but can not give you specifics such as seeing the names of the books on the bookshelves.

SUSPEND

3rd-level vitamancy

Casting Time: 1 reaction

Range: 120 feet

Components: V

Duration: Concentration, up to 1 minute

As a reaction to being struck by an attack or single-target spell you can momentarily create a bond between you and the attacker, stunning you both for the duration. While stunned in this way you and the target are surrounded by a magical shield that rapidly shifts you between the material, astral, and ethereal planes, making you both immune to all damage, including the damage that triggered the reaction.

This effect is unbreakable until the end of your next turn, after which the target must make a successful Wisdom saving throw at the end of each of their turns to end the effect.

You can choose to dispel the effect as an action on your turn.

TRANSFERENCE

1st-level vitamancy

Casting Time: 1 action

Range: 60 feet

Components: S, M (a vial of holy water and a piece of parchment)

Duration: Instantaneous

You reach out towards an ally, drawing upon the impurities in their blood.

When you cast this spell choose an ally within 60 feet of you that is suffering from one or more of the following conditions: blinded, charmed, deafened, frightened, paralyzed, petrified, poisoned, stunned, or exhaustion.

You remove a single condition from the targeted ally and begin to suffer from that condition yourself. This spell can only remove a single point of exhaustion per spell level.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, you remove one additional condition for each slot level above 1st.

VARIANCE

Vitamancy cantrip

Casting Time: 1 action

Range: 30 feet

Components: V, S

Duration: Up to 1 hour

You alter how the natural weave of magic flows through a space within range, causing your current plane to be affected in one of the following ways:

- You create a small magical flame at any point within range. The flame requires no fuel, and is no larger than the palm of your hand. This flame may catch objects on fire.
- You alter the flavour of edible non-living material to be more or less pleasing to the palette. You choose the new flavour.
- You create a small whirlwind no larger than 2 feet in diameter and 3 feet high. You choose the speed of the wind, but can not create winds fast enough to disrupt projectiles. While this whirlwind is active you can freely move it around within range. Small flames within the whirlwind's space are extinguished.
- You make the air in a 2 foot cube within range become dense enough to muffle sounds. This cube can not be moved once created. You can dismiss the cube as a free action.

- You bend the weave in such a way that it blocks certain types of light from passing through the space within range, changing the visible light to a different colour; red, blue, purple, green, or yellow. This change moves with you until the end of the spell or you dismiss it as a free action.

If you cast this spell multiple times you can have up to two of its effects active at a time. If you try to create a third effect you must choose an existing effect to replace.

VITALITY BURST

7th-level vitamancy

Casting Time: 1 action

Range: 60 feet

Components: V, M (a small ruby in a vial of purified water)

Duration: Instantaneous

You tap in to the vitality of the living world, willing it to share its life force.

Choose up to six creatures you can see within range. A glowing gold tendril rises from the ground, piercing each creature and flooding them with energy. Creatures affected by this spell recover hit points equal to $7d12 + \text{your spellcasting modifier}$. Roll separately for each creature.

This spell does not effect constructs or Druids, and is half as effective on undead.

VITALITY SHIFT

3rd-level vitamancy

Casting Time: 1 action

Range: 30 feet

Components: V, S, M (a living rodent, which the spell consumes)

Duration: Instant

You alter the natural rhythm of the vitality of those around you. Choose up to four hostile creatures within a 30-foot radius of you. Those creatures must succeed on a Constitution saving throw or take $3d6$ necrotic damage.

For every creature that succeeds on their saving throw, you take $1d6$ necrotic damage.

You channel the stolen vitality in to your allies, distributing the damage dealt as restored hit points to your choice of allies within range. You can not heal yourself with this spell. Constructs are immune to this spell. Druids can not be healed by this spell.

At Higher Levels. When you cast this spell using a spell slot of 4th level or higher, the damage to hostiles increases by $1d6$ and you can target 1 additional creature for each slot level above 3rd.