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SPELL

## MENDING TOUCH

You lay your hands upon a creature and channel healing magic to close their wounds. When you can take a few minutes to focus on the target you're helping, you can **spend 2 Hope** to clear a Hit Point or a Stress on them.

Once per long rest, when you spend this healing time learning something new about them or revealing something about yourself, you can clear 2 Hit Points or 2 Stress on them instead.

