

Memory Tonic

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“To awaken what the mind has buried, each sense must first be stirred.”

The **Memory Tonic** is a ritual preparation used to awaken the senses and draw forgotten or clouded memories back toward the surface.

Each ingredient is administered in a specific order. The early stages prepare the mind and body for the tonic, while the final draught encourages memories to emerge.

The Procedure

I. Ashen Sage

Chew a fresh or dried Ashen Sage.

Ashen Sage is traditionally believed to loosen memories that have become clouded, fragmented, or difficult to reach.

II. Bitterwake Tea

Drink a warm cup of Bitterwake Tea.

Its sharp taste and warming qualities awaken the body, heighten awareness, and prepare the senses for the next stage.

III. Whispercap Extract

Inhale the scent of Whispercap Extract.

Whispercap produces a powerful, earthy vapor that further sharpens the senses. The extract should be used sparingly, as prolonged exposure may cause lightheadedness, disorientation, or faint auditory sensations.

IV. The Memory Tonic

Drink the prepared Memory Tonic.

The final draught binds the earlier ingredients together and encourages buried memories to rise. The recipient should remain somewhere quiet while the tonic takes effect.

Aftercare

After completing the procedure, the recipient should be seated and allowed time to recover. Sudden movement, loud noises, or excessive questioning may interfere with the memories as they return.

Bread or another simple food may be offered if the preparation proves too potent or causes nausea and disorientation.

For the best results, the recipient should rest afterward within **BloodHaven's Spa**, whose waters are said to possess restorative properties.

Known Effects

- Heightened awareness
- Resurfacing memories
- Temporary lightheadedness
- Brief confusion or disorientation
- Faint sounds or whispers without an identifiable source
- Unusually vivid dreams or nightmares

Warning: The Memory Tonic may induce terribly vivid nightmares. The memories revealed may not return in their proper order, and not everything witnessed should immediately be accepted as truth.

“Some memories return as whispers. Others return screaming.”

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