



Healing Times			
Damage Type	Normal (for Mortals)	Normal (for Exalts)	Body—Mending Meditation
Bashing	1hl / 12 hrs	1hl / 3 hrs	1hl / 18 min
–0	1hl / 24 hrs (rest) 1hl / 48 hrs (active)	1hl / 6 hrs (rest) 1hl / 12 hrs (active)	1hl / 36 min (rest) 1hl / 72 min (active)
–1	1hl / 1 wk (rest) 1hl / 2 wks (active)	1hl / 2 days (rest) 1hl / 4 days (active)	1hl / 4.8 hrs (rest) 1hl / 9.6 hrs (active)
–2	1hl / 2 wks (rest) 1hl / 4 wks (active)	1hl / 4 days (rest) 1hl / 8 days (active)	1hl / 9.5 hrs (rest) 1hl / 19 hrs (active)
–4/Incap	1hl / 1 month (must rest)	1hl / 1 wk (rest) 1hl / 2 wk (active)	1hl / 17 hrs (rest) 1hl / 34 hrs (active)