

LAMIA

A 5E PLAYER RACE BY DM TUZ



LAMIA

"Look into my eyes, darling."

Long ago, in the sunbaked lands of the south, travelers and merchants told fearful tales of serpentine beasts lurking along ancient trade routes. These creatures, neither fully human nor wholly beast, were said to strike from the shadows and drag unsuspecting folk into their dens. The name given to these horrid beasts was Lamia. As these tales spread, each more gruesome than the last, would-be heroes eagerly took up action. They sought glory in slaying these supposed horrors, never stopping to question whether the blood they spilled was truly that of monsters. Yet, as with many old legends, reality proved far more nuanced than fear allowed. What was once seen as monstrous was, in truth, misunderstood. The Lamia were never mere predators but folk who found themselves in a world that had already decided what they were before knowing them at all.

Iconic in their unmistakable appearance and disposition, the Lamia are creatures who combine traits of snake and humanoid. They possess the top half of a humanoid and the lower half of a coiling serpent body. Once wrongly persecuted as monsters, the Lamia have since risen above the false tales of old. Through resilience and determination, the Lamia have bridged the gap between themselves and the established folk, disproving their monstrous image once and for all. No longer seen as mere beasts to avoid, they have established themselves into the wider world, rightfully securing their place among its many peoples.

Nowadays, Lamia can be found across wide swaths of the world. They reside in villages of their own kind as well as within diverse communities they have managed to assimilate into. Most Lamia are not homebound beings; they are comfortable leaving a place on a whim should a serendipitous opportunity arise. They are independent, headstrong, and persistent, always aware of what they want and possessing the natural problem-solving skills to attain it. These traits have earned the Lamia a reputation for being intelligent and determined, yet also aloof and calculating—an impression that some interpret as emotional coldness. Nevertheless, the Lamia have successfully integrated into many societies through their merits and contributions, proving themselves as valuable members of the communities they join.

INSCRUTABLE SERPENTFOLK

The Lamia's supposed aloofness has led many to assume that they are uncaring and cold creatures, but those who interact with them regularly know that this is far from the truth. Their humanoid upper halves may make it easy to forget that they are still part snake, and this serpentine nature extends beyond mere physiology—it influences their mannerisms, thought processes, and social interactions.



Dusa

Artwork by QueenChikkibug

A Lamia's way of expressing emotions is often subtle and difficult for outsiders to read. Their facial expressions and body language communicate in ways that can be inscrutable to other races, leading to misunderstandings and misinterpretations. Many unfortunate miscommunications have occurred because of these differences, causing blunders in early interactions between Lamia and other peoples. However, this does not mean that Lamia are incapable of outward emotion. On the contrary, when an emotional threshold is crossed, they can be strikingly expressive. Their displays of joy, anger, or sorrow may seem sudden and unexpected to those unfamiliar with their kind, as they tend to suppress outward reactions until emotions reach a breaking point.

Despite their distinctive mannerisms, the Lamia experience the same breadth of emotions as any other people. They forge deep bonds, display fierce loyalty to those they care for, and, when properly understood, can be as warm and engaging as any other race. Understanding a Lamia simply requires patience and a willingness to learn the nuances of their unique expressions.

LAMIA TRAITS

Ability Score Increase. Increase one ability score by 2 and increase a different one by 1, or increase three different ability scores by 1.

Creature Type. Your creature type is humanoid.

Size. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Languages. You can speak, read, and write Common, draconic, and another language of your choice.

Constrict. Your coiling body is a natural melee weapon, which you can use to make constrict attacks. If you hit with it, you deal bludgeoning damage equal to 1d6 plus your Strength modifier. Instead of dealing damage, you can choose to grapple your target with your body instead. When you have a creature grappled with your body, you can use a bonus action to constrict the creature, forcing it to succeed a Strength saving throw or be restrained until the beginning of your next turn or until it is no longer grappled. The DC is 8 + your Constitution modifier + your proficiency bonus.

Subrace. Choose one of the following subraces: Apophis, Dusa, Echidna, Cuatl, or Tatzel.

APOPHTHIS

Hailing from the vast and sun-scorched deserts, the Apophis are the most graceful of the Lamia, their sinuous bodies allow them to move with an effortless fluidity. Though they are the smallest of their kin, one should never mistake them for weak, for they possess a potent venom. A lethal weapon able to be delivered thanks to their exceptional agility. Yet, it was not through venom nor cunning by which they first secured their place in the wider world—it was by art.

Among all Lamia, the Apophis were the first to establish themselves beyond their isolated communities, owing much of their success to their deep affinity for artistic expression. Chief among their talents is dance, their traditional artistic expression of choice, given their winding serpentine bodies. Through dance, they conveyed emotions otherwise impossible to convey for Lamia, captivating audiences and breaking down barriers of fear and prejudice. Their performances transcended distrust and grudges alike, proving that they were not monsters lurking in the sands, but people with rich traditions and artistry. Even today, Apophis dancers are revered in many lands, displaying their artistic traditions which has been honed through countless generations to the delight of many.

Bite. Your fangs are natural melee weapons that have the finesse trait, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to 1d4 + your Strength or Dexterity modifier, instead of the bludgeoning damage normal for an unarmed strike.

Venomous. You have the ability to secrete venom from your fangs through venom glands. You have an amount of venom charges equal to your proficiency bonus. When you hit a creature with an attack using your **Bite**, you can choose to expend one or more venom charges to have the bite attack deal an additional 1d6 poison damage for each charge

expended and the target creature is poisoned until the end of your next turn. You regain all expended venom charges when you finish a Long Rest.

You can also use an action to expend one or more venom charges to excrete your venom from your mouth and mix it with your saliva to create a toxin (enough to fill a vial). This toxin is an ingested and injury type poison, which loses its effectiveness 1 hour after it is mixed. A creature affected by your poison must make a Constitution saving throw. On a failed save a creature takes 1d6 poison damage for each charge you expended when creating the toxin and is poisoned until the end of your next turn. On a successful save a creature takes half as much damage and is not poisoned. The DC is 8 + your Constitution/Charisma modifier + your proficiency bonus. You are immune to your own poison.



Apophis
Artwork by
QueenChikkibug



Echidna
Artwork by
QueenChikkibug

Darkvision. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Poison Eye. You can use an action to cast a lethal gaze at a creature within 60 ft. of yourself that can see you. The creature must succeed a Constitution saving throw take $1d8 +$ your proficiency bonus poison damage. The DC is equal to $8 +$ your proficiency bonus $+ your Intelligence/Wisdom/Charisma$ modifier.

When you use this action, you can empower your gaze. A creature that fails its saving throw against your empowered gaze takes $2d8 +$ your proficiency bonus poison damage and has its movement speed reduced by half and can't use reactions until the end of your next turn. On a failed save a creature takes half as much damage and does not have its movement speed reduced. You can empower your gaze an amount of times equal to your proficiency bonus before you have to finish a Long Rest to do so again.

A creature reduced to 0 hit points by this damage is stable but petrified for 24 hours or until it comes in contact with the blood or saliva of a Dusa Lamia.

ECHIDNA

Unlike their kin, the Echidna remained deeply rooted in their coastal territories, seldom venturing beyond their homelands. As the largest and most physically imposing of the Lamia, they use their monstrous stature as a deterrent, keeping outsiders at bay and allowing them to engage with the world on their own terms.

In ancient times, towns and merchant guilds often offering tributes for safe passage through Echidna lands—a convenient arrangement to the Echidna. This ensured uneasy stability between the Echidna and neighboring settlements. While never fully embraced by the outside world as their cousins were, they were respected for their battle prowess. Even now, many Echidna maintain their territorial ways, dwelling in close-knit communities where strength, independence, and self-sufficiency are highly valued.

Bite. Your fangs are natural melee weapons that have the finesse trait, which you can use to make unarmed strikes. If you hit with them, you deal piercing damage equal to $1d6 +$ your Strength or Dexterity modifier, instead of the bludgeoning damage normal for an unarmed strike.

Fanged Embrace. When you deal damage to a creature that you have grappled with your **Bite** it has disadvantage on checks to escape your grapple until the end of your next turn.

Additionally, you can choose to use your Strength modifier in place of your Constitution modifier for the DC of your **Constrict** trait.

Scales. When you are wearing no armor, or light armor, you have a $+1$ bonus to your AC.

Swimmer. Your serpentine body is built for aquatic environments. You have a swimming speed equal to your walking speed.

DUSA

The enigmatic Dusa are the most reclusive of the Lamia, rarely seen outside of their own tightly knit communities. Among their kin, they suffered the most under the weight of early myths, their striking eyes and silent demeanor fueling the darkest tales. Folk legends spoke of Dusa who could kill a man with a single glance, making their heads coveted targets for overzealous monster hunters.

To survive, the Dusa withdrew from the outside world, forming hidden enclaves where they could live without the constant threat of persecution. Even now, long after the worst of those days have passed, many still choose seclusion over integration. Their hesitance to trust outsiders has only deepened the perception of them as eerie and unknowable, reinforcing many of the misconceptions that once led to their suffering.



Cuatl
Artwork by
QueenChikkibug

CUATL

A spark of the divine lingers within these Lamia, who trace part of their ancestry to the celestial Cuatl. This heritage marks them both physically and spiritually. Unlike their kin, their scales have softened into a fine feather plummage, appearing in dazzling, otherworldly hues—according to these Lamia, an irrefutable sign of their celestial origins.

The Cuatl possess a natural affinity for divination, able to perceive the esoteric energies that weave through the world. Yet, they themselves are shrouded in a supernatural veil, making them particularly difficult to detect by supernatural means.

Despite their enigmatic nature, and perhaps as another hint at their celestial lineage, Cuatl struggle with deception. While many Lamia possess a silver tongue, they falter at speaking even simple falsehoods. Still, they have come far from their earliest ancestors, who were wholly incapable of lying at all.

Shrouded Soul. You have advantage on saving throws against divination spells and effects that would magically locate you, read your thoughts, or sense your emotions.

Cuatl Divination. You learn the *Message* Cantrip. Additionally, you learn and can cast the *Detect Evil and Good* and *Detect Magic* spells without expending a spell slot. You can cast either of these two spells without expending a spell slot a total amount of times equal to your proficiency bonus before you have to finish a Long Rest to do so again. When you choose this subrace, you choose Charisma, Intelligence or Wisdom as your spellcasting ability for these spells.

[Optional Trait] Honest Nature. You have disadvantage on all Deception checks, but you have advantage on any Persuasion check you make to convince another creature that you are speaking the truth.

Empath. You are proficient in Insight or Persuasion.

TATZEL

The Tatzel are Lamia who adapted to dense forests, evolving into the most agile and elusive of their kin. Their slender forms and faux-feline traits—clawed fingers, sharp eyes, and pointed ears—aid them in navigating and mastering their arboreal homes. Though these features resemble those of felines, they are mere facsimiles. Their “ears,” for example, are horn-like structures that enhance their hearing, while their “fur,” reveals itself to be nothing more than tightly layered, finely textured scales upon closer inspection.

Unlike their kin, they care little for how others perceive them, embracing their fearsome reputation rather than seeking to dispel it. In the eyes of many isolated frontier communities, they remain the monsters of old legends—an image they have never felt the need to change. After all, with their unmatched agility and skill in evasion, there is no trouble they cannot outrun.

Climbing. You have a climbing speed equal to your walking speed.

Darkvision. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can’t discern color in darkness, only shades of gray.

Tatzel Claws. You possess claws which you can use to make unarmed strikes. They have the finesse trait and deal $1d6 +$ your Strength or Dexterity modifier slashing damage. If you make a weapon attack and have at least one hand free, you can use a bonus action to make an additional attack with your claws.

Serpentine Slinking. When you take the dash action you gain an additional 10 ft. of movement and you can move through the spaces of other creatures without having to expend additional movement until the end of your turn.



Tatzel
Artwork by
Ceehaz

LAMIA UNIQUE FEATS

The following special feats allow your character to expand upon their innate abilities, as each feat represents an evolution of your character's nature and traits.

SERPENT GOD'S BLESSING

Prerequisite: Lamia, Level 4+

You gain the following benefits:

Ability Score Increase. Increase one of your ability scores by 1, to a maximum of 20.

Coiling Strike. When hit a creature with your **Constrict** trait, you can now choose to both deal damage and grapple the creature. Additionally, when you successfully grapple a creature you can attempt to constrict it as part of the same action.

Poison Resilience. You become resistant to poison damage and have advantage on saving throws against being poisoned.

ECHIDNA SPINES

Prerequisite: Lamia (Echidna), Level 4+

You gain the following benefits:

Ability Score Increase. Increase your Strength or Constitution score by 1, to a maximum of 20.

Spine Defence. The first time in a turn when a creature within 5 ft. of you hits you with a melee weapon attack or successfully grapples you, you can deal an amount of piercing damage equal to your proficiency bonus to the creature. You can only do so if you are not wearing heavy armor.

Squeeze and Pierce. A creature that starts its turn grappled by you takes an amount of piercing damage equal to your proficiency bonus.

PETRIFYING GAZE

Prerequisite: Lamia (Dusa), Level 4+

You gain the following benefits:

Ability Score Increase. Increase your Intelligence or Charisma score by 1, to a maximum of 20.

Petrifying Flash. As an action you can emit a lethal flash with your eyes in a 30 ft. cone. Each creature in the area that can see you must make a Constitution saving throw. On a failed save a creature takes 2d8 poison damage and is poisoned for one minute. On a successful save a creature takes half as much damage and is not poisoned. A poisoned creature has its movement speed reduced by half and repeats the saving throw at the end of its turn. A creature that fails this saving throw takes 2d8 + your proficiency bonus poison damage and is restrained until the end of its next turn. On a successful save a creature is no longer poisoned. The DC is equal to 8 + your proficiency bonus + your Intelligence/Wisdom/Charisma modifier. A creature that is immune to being petrified or poisoned automatically succeeds its saving throw. Once you use this feature you can't use it again until you finish a Long Rest or you expend 2 uses of your empowered **Poison Gaze** trait (no action required).

Petrify. A creature reduced to 0 hit points by your **Poison Gaze** or **Flash Gaze** is stable but petrified until it comes in



Artwork by Thrensfw

contact with the blood or saliva of a Lamia Dusa.

RAINBOW WINGS

Prerequisite: Lamia (Cuatl), Level 4+

You gain the following benefits:

Ability Score Increase. Increase your Wisdom or Charisma score by 1, to a maximum of 20.

Puny Wings. You grow a pair of vestigial wings on your back.

Rainbow Flight. As an action, you can manifest wings made of rainbow colored light from your vestigial wings which remain for 1 minute. For the duration, you gain resistance to psychic and radiant damage, you have a flight speed equal to your movement speed, and spread bright light in a 30 feet-radius and dim light in an additional 30 feet. When you manifest your wings, other creatures within 20 ft. of you that can see you must make a Wisdom saving throw. On a failed check the creature is charmed by you for 1 minute or until you deal damage to it. A charmed creature repeats the saving throw at the end of its turn, ending the effect on a success. The DC is equal to 8 + your Wisdom modifier + your proficiency bonus. Once you use this feature, you can't use it again until you have finished a Long Rest.

SPITTING VENOM

Prerequisite: Lamia (Apophis), Level 4+

You gain the following benefits:

Ability Score Increase. Increase your Dexterity or Charisma score by 1, to a maximum of 20.

Poison Spit. You can now spit venom as a natural ranged weapon attack. This attack has a range of 20 ft. at short range and 40 ft. at long range. On a hit the attack deals 2d6 poison damage. When you spit venom you can expend a venom charge of your **Venomous** trait to increase the damage by 2d6 for each charge spent—a creature that takes the additional damage is also poisoned until the end of your next turn.

Venomous Recharge. Whenever you finish a short rest you regain 1 venom charge of your **Venomous** trait.

TATZEL SURPRISE

Prerequisite: Lamia, Level 4+

You gain the following benefits:

Ability Score Increase. Increase your Strength or Dexterity score by 1, to a maximum of 20.

Slipping By. You don't provoke opportunity attacks from creatures that have not taken a turn yet in the current combat.

Spring Into Action. After you rolled for initiative and the first round of the initiative order begins, you can add +10 to your rolled initiative for that round. Once the round ends, you return to your original spot in the initiative order. You can do so an amount of times equal to your proficiency bonus before you have to finish a Long Rest to do so again.

Tatzel Sweep. During the first round of combat, you gain one additional bonus action, but must use two different bonus actions.



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