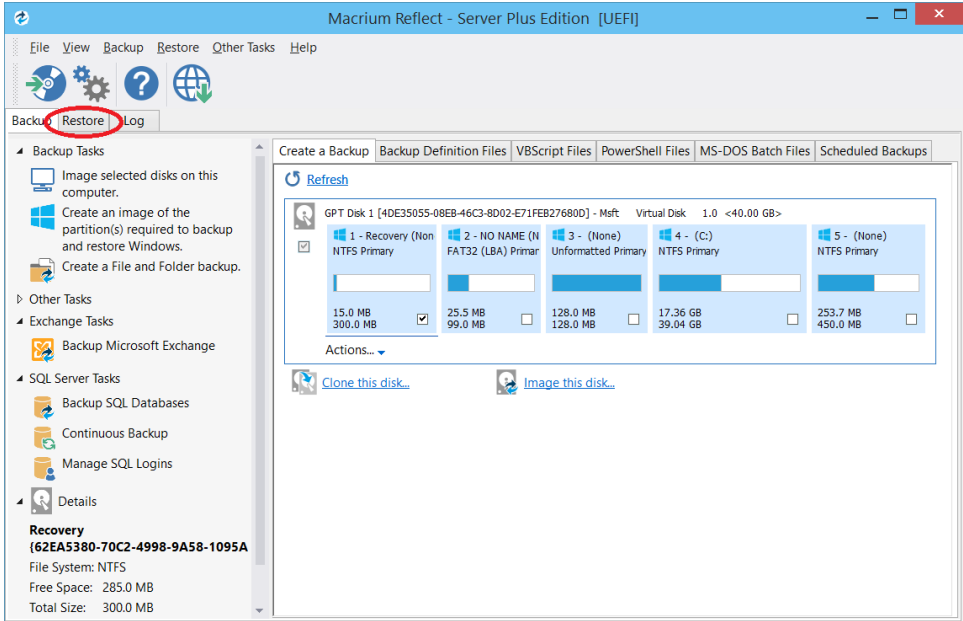


# Restoring a file and folder backup

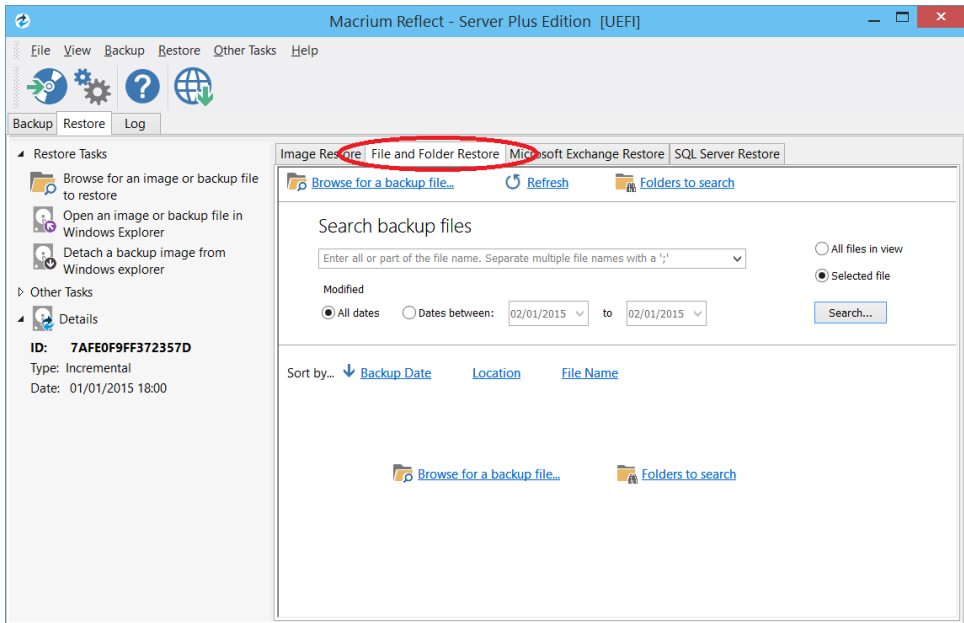
When you restore a file and folder backup, you can restore files to their original folder or restore the folder structure and selected files to a place of your choosing. If you want to restore individual files without their folder structure, [browse them](#) instead and use Windows Explorer to copy and paste them.

This tutorial is only for **File and Folder backups** and not image backups. For information on restoring image backups see [Restoring a system image](#).

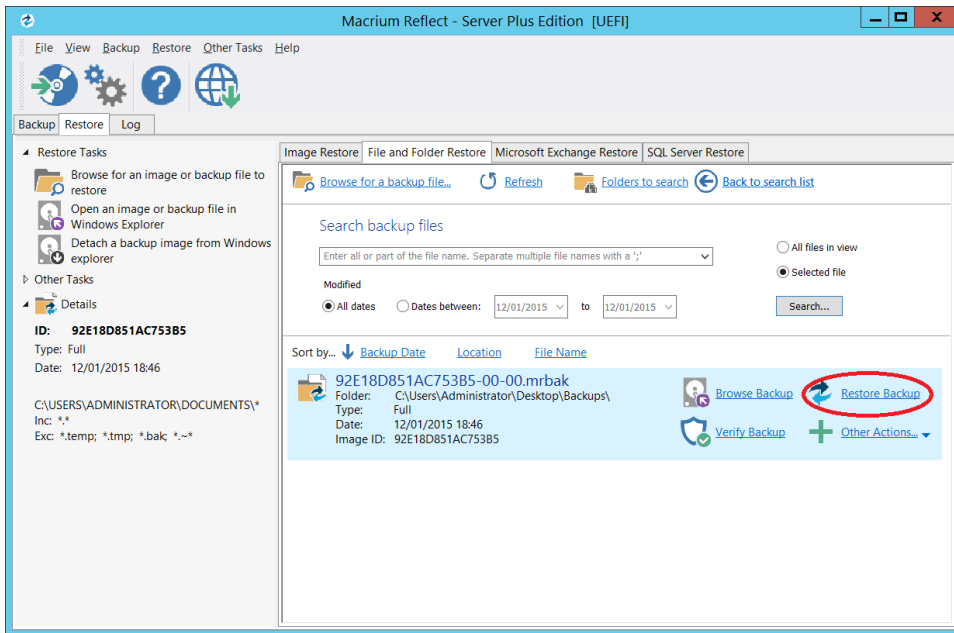
1. Open Macrium Reflect and select the **Restore**.



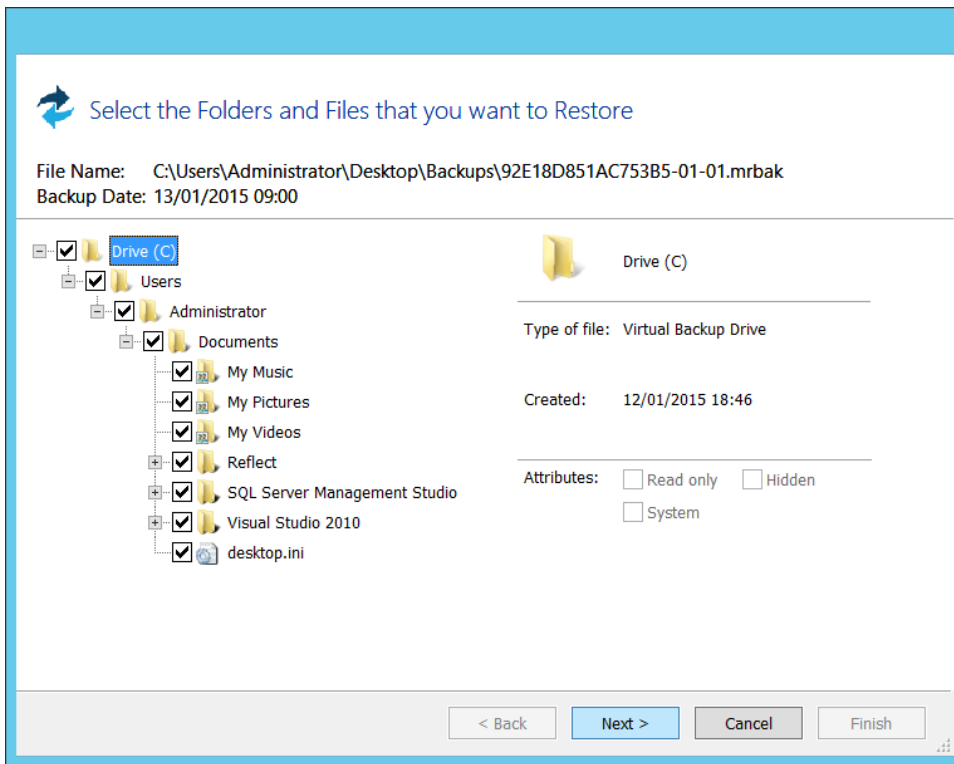
2. Select **File and Folder Restore**.



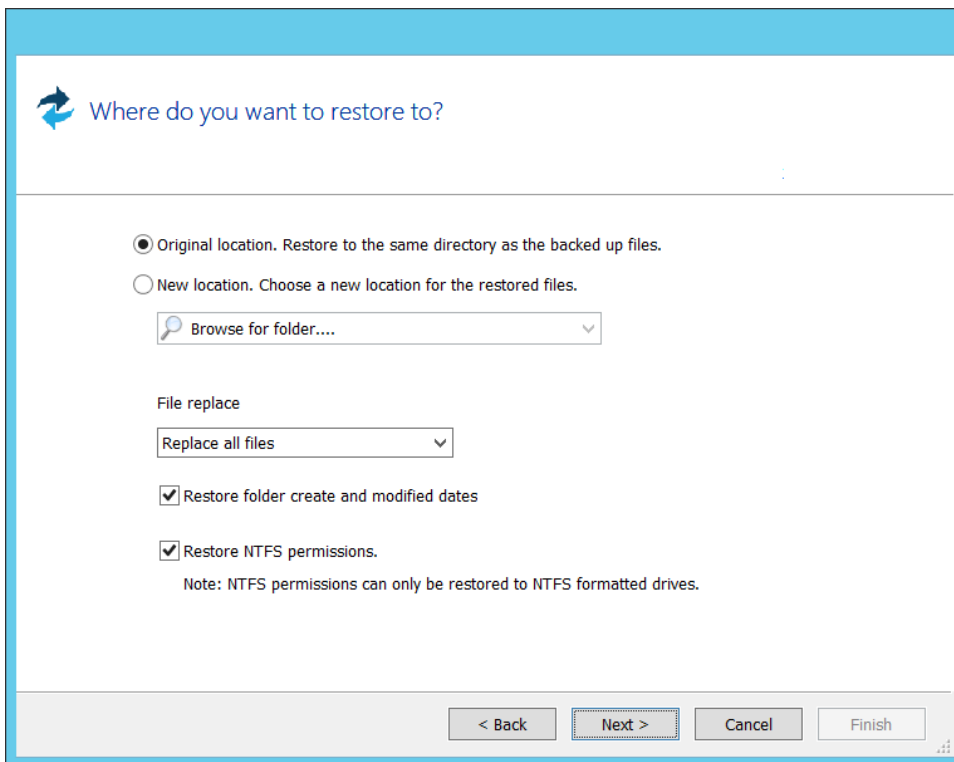
3. Select your backup, if none show select **Browse for a backup file...** and locate the file you want, it is added to the list of backups in the bottom half of the window.



4. Click **Restore Backup**.



5. Select the files that to be restore. You may restore all the files as shown in this tutorial, or select individual directories and files you wish to restore.



6. Click **Next**.
7. Select where you would like the files restored to. By default they are placed in the original location, but it is possible to restore them to a new location.
8. Click **Next**.
9. A summary window displays showing the details of the restore.
10. Click **Finish**.

