


# Restoring backups

SQL Backup Pro provides a wizard to guide you through the process of Restoring Backups. To start the Restore wizard, click  **Restore**, or in the [Activity History](#), right click the backup and click **Restore**.

The Restore wizard comprises the following steps:

<a href="#">Step 1:</a>	Select the SQL Server you want to restore to and the backup files to use. If necessary, enter the passwords for encrypted backups.
<a href="#">Step 2:</a>	Specify the destination database and the location of the database files.
<a href="#">Step 3:</a>	Configure your settings for restoring the backups.
<a href="#">Step 4:</a>	Review the restore summary and script, and start the restore process.

## Restoring individual database objects

If you want to restore individual objects from a SQL Backup Pro .sqb file, use SQL Object Level Recovery Pro. This application, included with SQL Backup Pro, can recover individual objects to a database, with potentially large savings in time and disk space. For more information, see [Object level recovery](#).

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