

# Recovering data, backup execution

1. Login into your [client area](#).
  - click "backup" tab to access Veesp Backup control panel.
  - click "click here to access Control Panel".
  - click "Backup & Disaster Recovery" to open control panel.
2. Click the device for which you want to recover the data, and click the "Recover".
3. From the list of backup dates, select the date that you want to run the recovery, click "Recover".
4. Select either "Entire machine" or "Files/folders", depending on what you want to recover.
5. Select the recovery machine (physical or virtual), the target machine to which the recovery will be done.
6. Click "Start Recovery".

The following table summarizes the available recovery methods, described in details in paragraph #6 of the [full, detailed and updated guide](#):

What to recover	Recovery method
Physical machine (Windows or Linux)	Using the web interface Using bootable media
Physical machine (Mac)	Using bootable media
Virtual machine (VMware or Hyper-V)	Using the web interface Using bootable media
Virtual machine or container (Virtuozzo)	Using the web interface
ESXi configuration	Using bootable media
Files/Folders	Using the web interface Downloading files from the cloud storage Using bootable media Extracting files from local backups
System state	Using the web interface
SQL databases	
Exchange databases	
Exchange mailboxes	
Office 365 mailboxes	
Websites	

Please use the table in article #6 of the **full and updated guide** [http://dl.acronis.com/u/pdf/AcronisBackup\\_12.5\\_userguide\\_en-US.pdf](http://dl.acronis.com/u/pdf/AcronisBackup_12.5_userguide_en-US.pdf) to choose a recovery method that best fits your need and environment you use your backup for.