

# How to backup and restore all Firefox data with Profile

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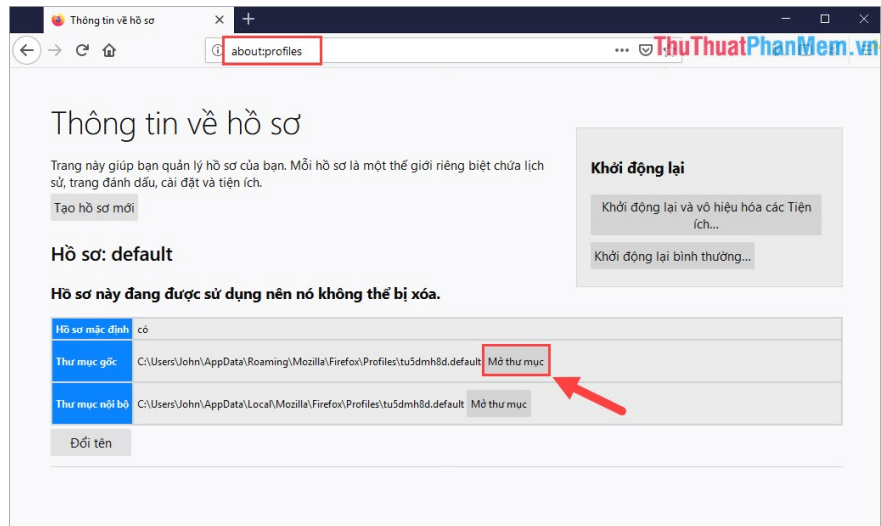


## Part 1. How to back up Firefox data

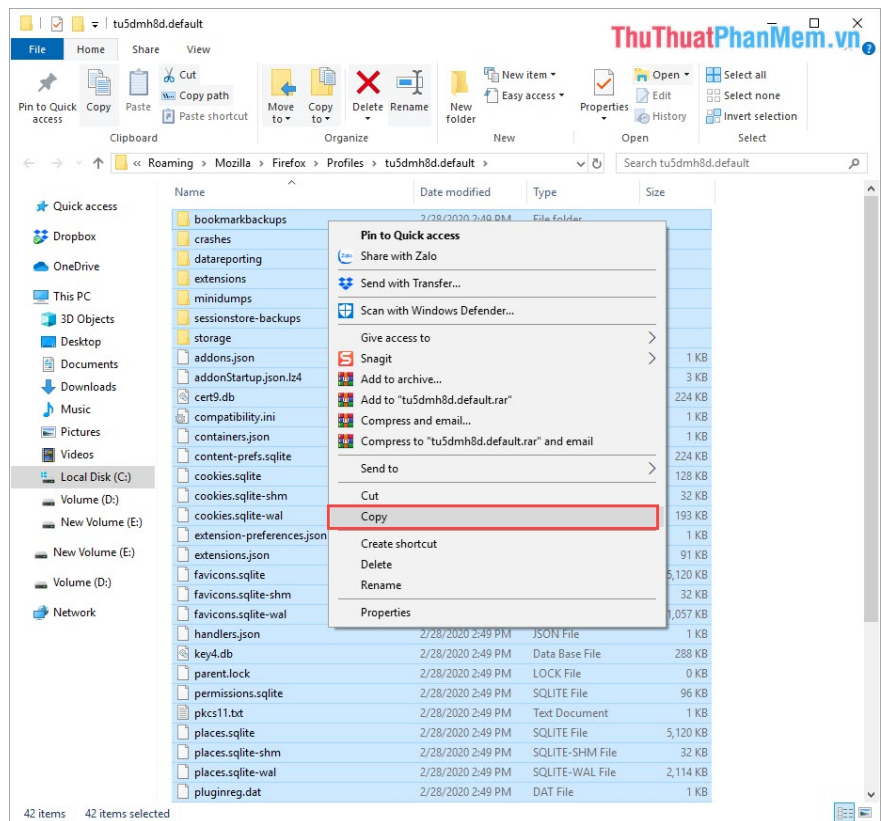
**Step 1:** You proceed to open Firefox and enter the following into the Url bar.

**about: profiles**

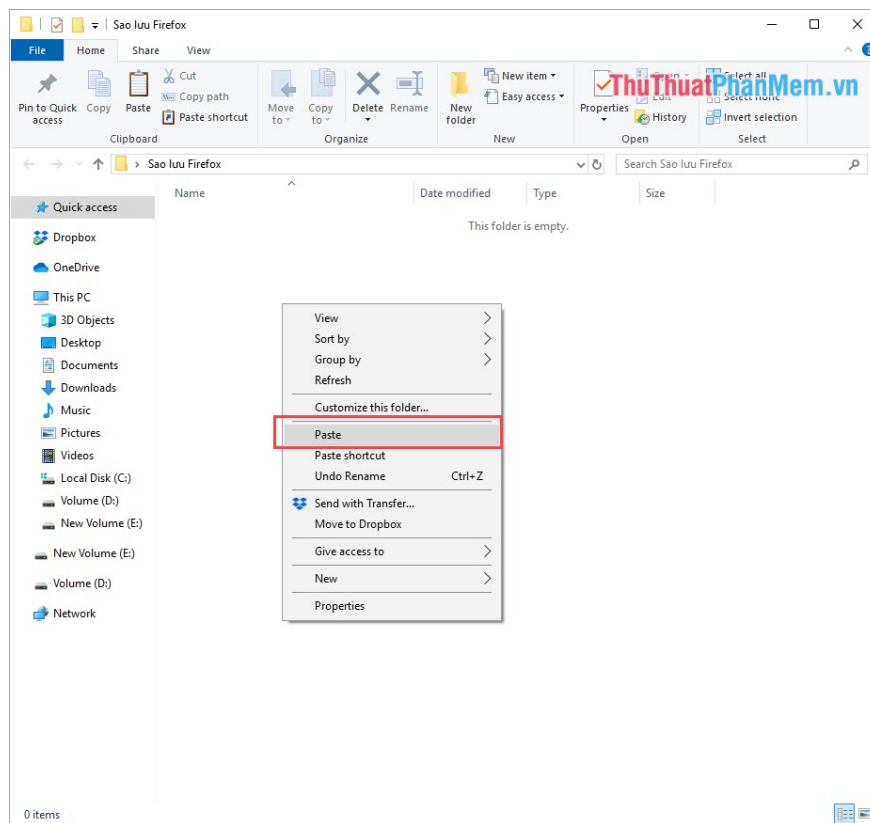
Then, press **Enter** to view the records stored on Firefox. Next, select **Open folder (Root directory)** to see where Firefox's data is stored.



**Step 2:** Next, press **Ctrl + A** to select all and Right-click and select **Copy** .



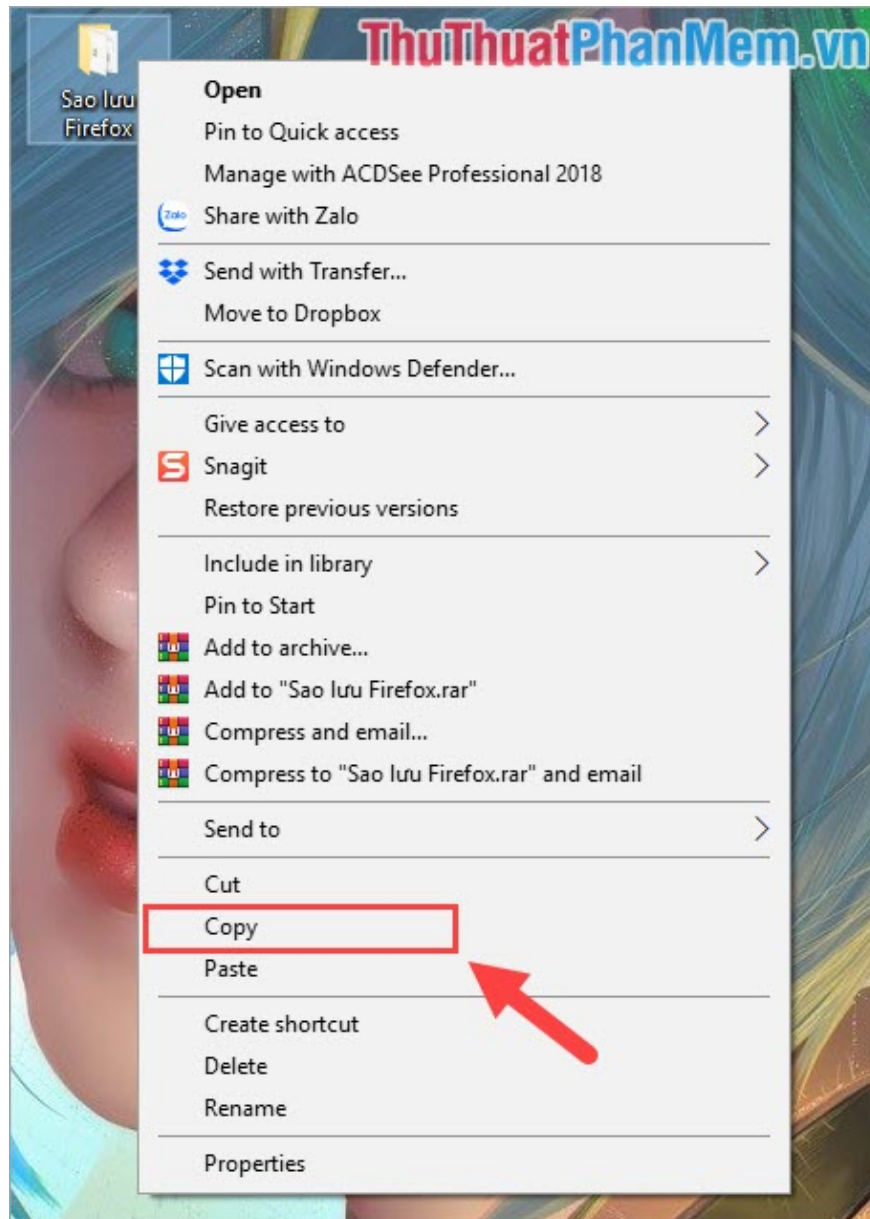
**Step 3:** Finally, you create a new folder on your computer and **paste (Paste)** all user data of Firefox here.



So, you have finished creating backup files for users on Firefox. So how to use this backup file? Please keep watching!

## Part 2. How to recover Firefox data

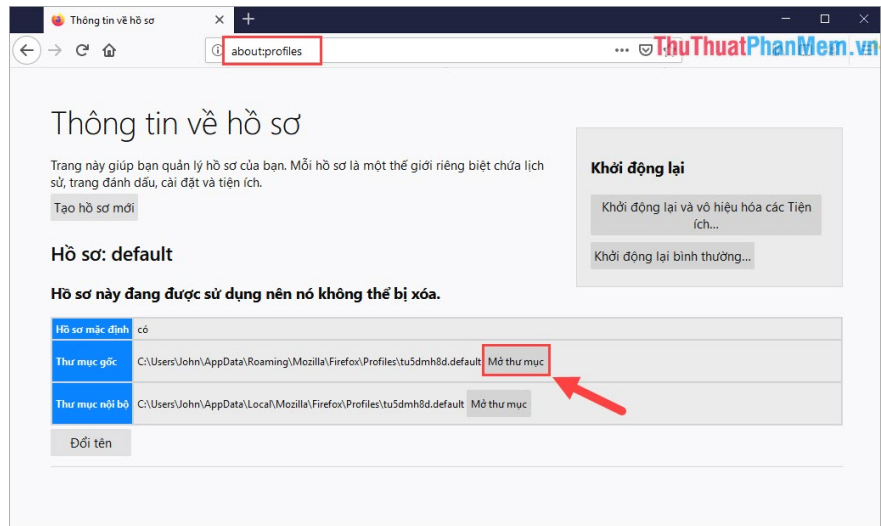
**Step 1:** You proceed to **Copy** the backup **file** of personal data Firefox we created in **Part 1**.



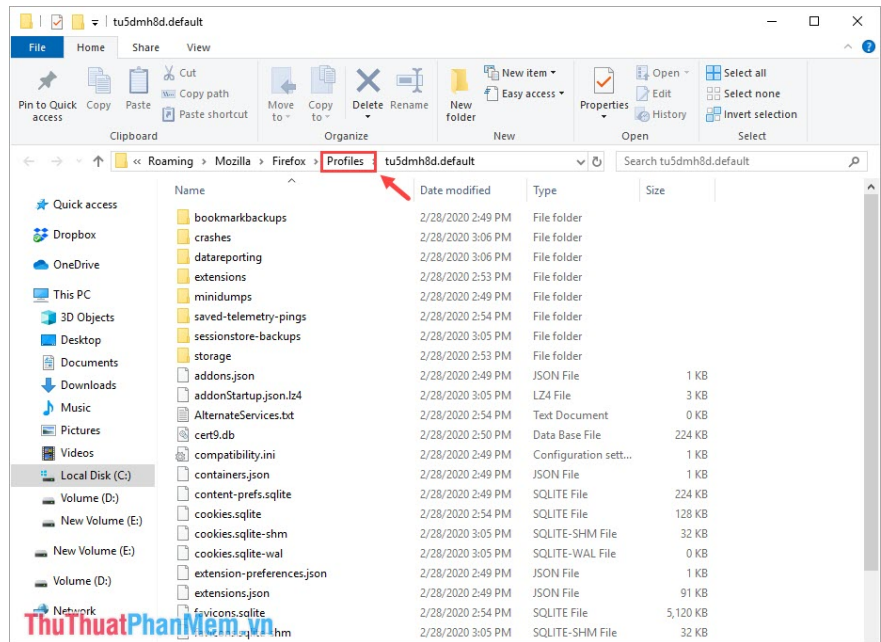
**Step 2:** Open Firefox and enter the following into the Url bar.

**about: profiles**

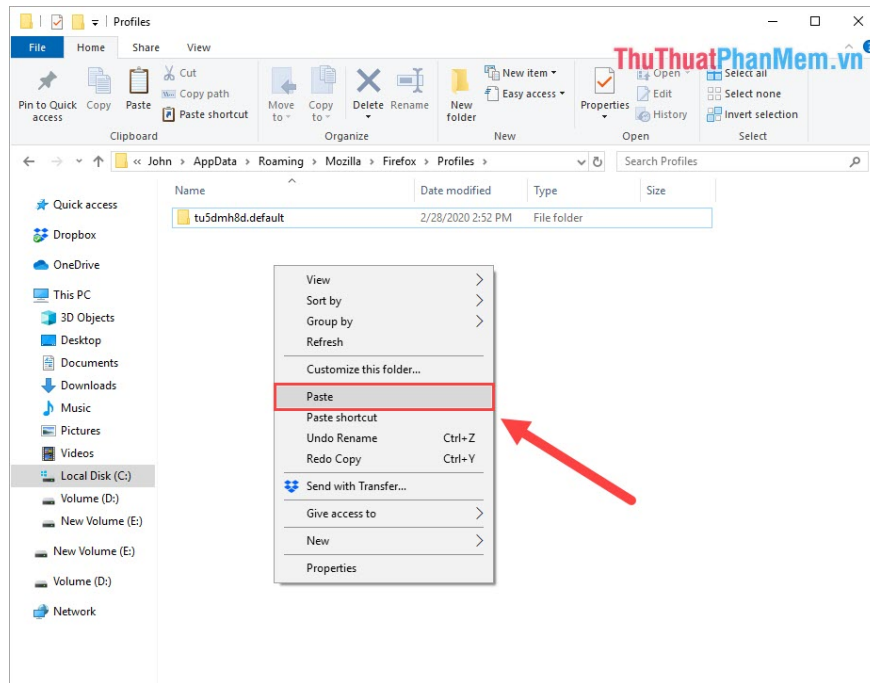
Then, press **Enter** to view the records stored on Firefox. Next, select **Open folder (Root directory)** to see where Firefox's data is stored.



**Step 3:** Then, you click on **Profiles** to return to the original data storage directory.

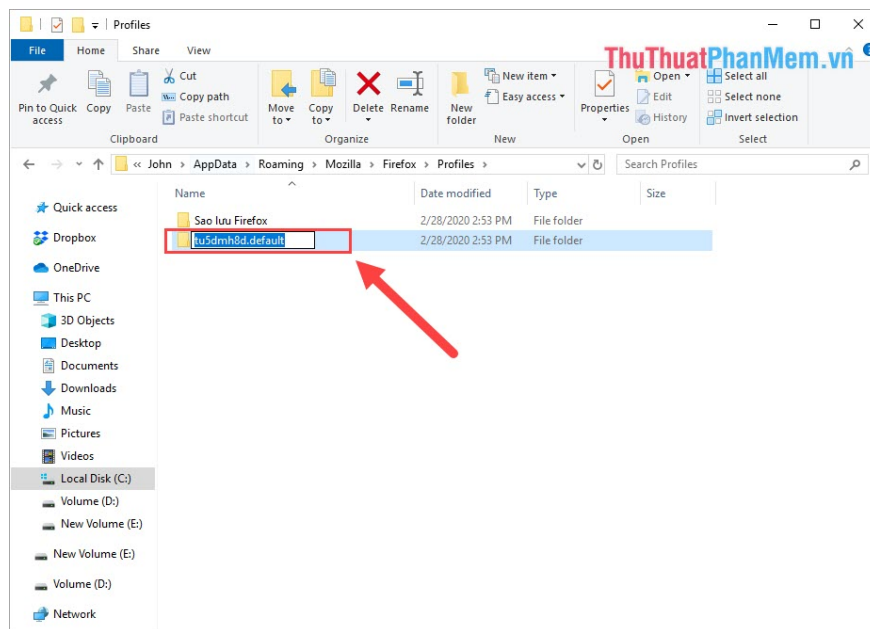


**Step 4:** Next, you proceed to Right-click and select **Paste (Ctrl + V)** to paste the backup data file into.



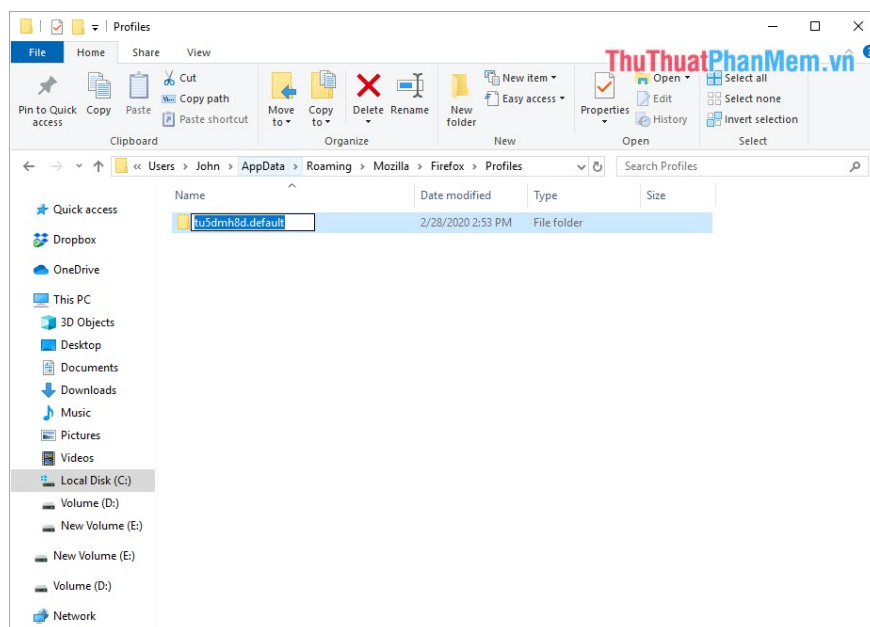
**Step 5:** At this time, we will have 02 profile files on Firefox. Your job is to proceed to copy and copy the old profile name and delete them.

You press **F2** into the old profile on Firefox (with 8 characters before .default) and press **Ctrl + C** to **Copy** the name. After copying the name, you proceed to Right-click it and select **Delete** to delete the old profile.



**Step 6:** At this time, we only have 01 Firefox backup folder we just Copy here. Your job is to change the name of the Backup Folder to the name of the deleted Folder.

You press **F2** into **the Data Backup Folder** and press **Ctrl + V** to paste the old profile folder name for them.



Thus, you have completed the data recovery on Firefox using Profiles, now you should start Firefox to experience. All data on old Firefox such as your bookmarks, history, cookies, cache, etc. have been restored (except for your login account for security reasons). Good luck!

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