



## Getting started with Parallels Toolbox for Mac

- Parallels Toolbox

### Information

Parallels Toolbox is a set of must-have utilities to help you get things done faster on your Mac. Easily take screenshots, record on-screen video, transfer media to iOS devices, archive and password-protect files, grab a video from the web, or record audio — Parallels Toolbox contains one-click tools to accomplish these, and many other tasks easily and quickly. Visit [KB 123903](#) to see the list of available tools.

Parallels Toolbox is included as complimentary software with Parallels Desktop for Mac. Learn more in [KB 124228](#). You can also buy it as a stand-alone product.

**Note:** You need to have a subscription for Parallels Desktop or Parallels Toolbox to receive new tools and features when they are available.

### Installing Parallels Toolbox

To install Parallels Toolbox after installing Parallels Desktop for Mac, follow the steps in [KB 123925](#).

To install a stand-alone copy of Parallels Toolbox, follow the instructions in [KB 123931](#).

### Using Parallels Toolbox

1. To learn more about a tool, hover the cursor over its icon and press **Space**:

2. To enable a tool, simply click on its icon.

The enabled tools are displayed on top of the Parallels Toolbox UI window:

For more details on Parallels Toolbox features visit the pages below:

- [How to download Facebook & YouTube videos to a Mac](#)
  - [How to record a screen on Mac](#)
  - [How to take a screenshot on Mac](#)
  - [How to manage time on a Mac](#)
  - [How to enable Do Not Disturb on Mac](#)
  - [How to record audio on Mac](#)
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