

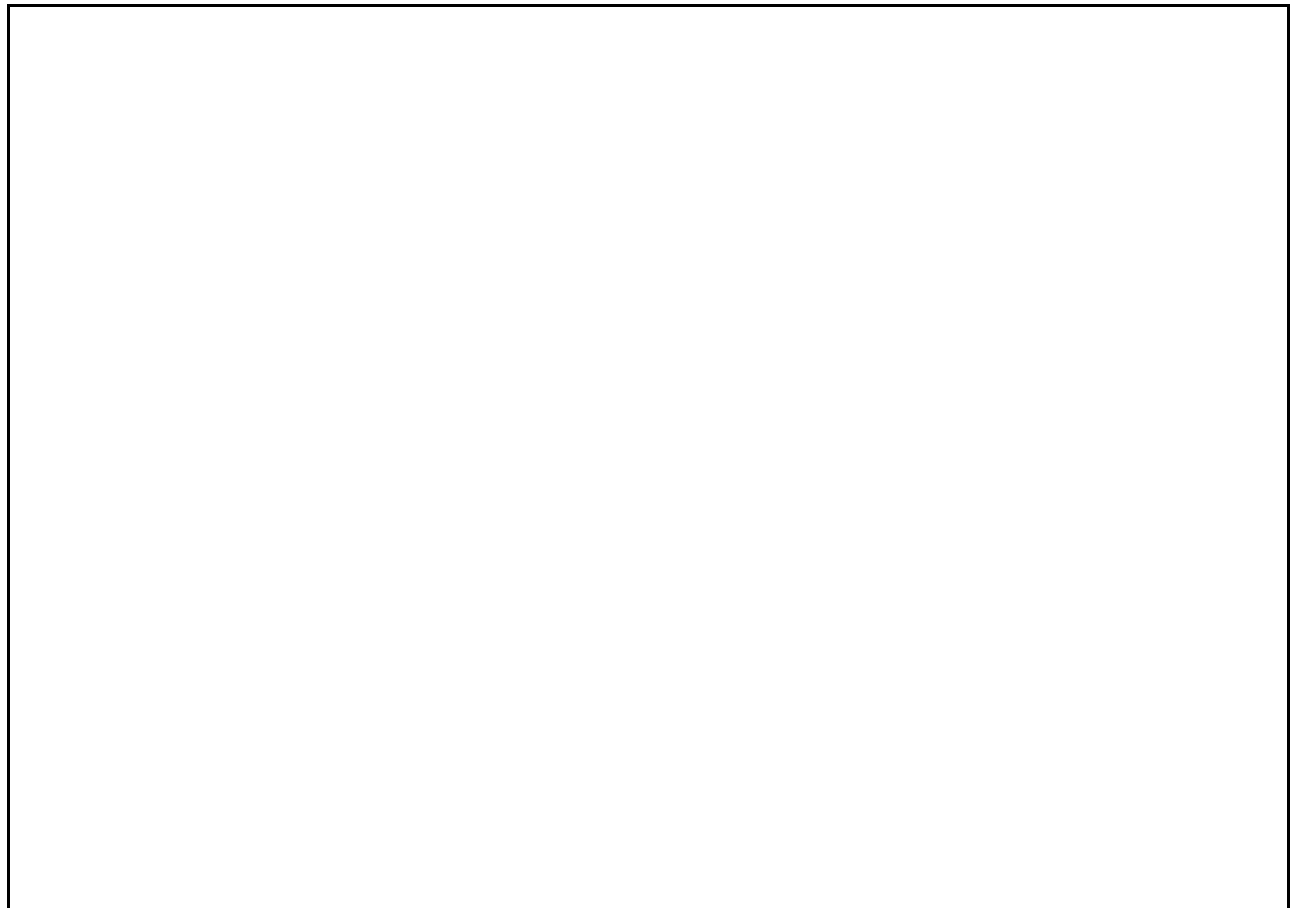
## Install a new virtual machine on Mac with Intel processor

- Parallels Desktop for Mac Standard Edition
- Parallels Desktop for Mac Pro Edition
- Parallels Desktop for Mac Business Edition

On Intel-based Mac computers, you can install any operating system available in the list of the [supported operating systems](#). If you have a [Mac with Apple silicon](#), visit this article: [KB 125375](#).

## Install Windows 11

Windows 11 can be easily downloaded via Parallels Desktop at the first Parallels Desktop start.



Click on the **Parallels** icon in Mac menu bar > **Select Control Center** > Click on the "+" icon in the top right corner > **Get Windows 11 from Microsoft** > **Download Windows 11**.

For detailed instructions on how to download and install Windows 11 or other Windows versions manually, please visit the article [KB 4729](#).

## Install Linux

In Parallels Desktop, you can download a set of ready-to-go Linux virtual machines from the main Installation Assistant menu:

To install another distribution of Linux, you need a bootable ISO installation image. Once you get it, click **Install Windows or another OS from a DVD or image file** > click **Continue** > choose your installation image and follow on-screen instructions to proceed with the installation.

## Install macOS

You can install a macOS virtual machine using the Recovery Partition with Parallels Desktop:

1. Open Parallels Desktop.app from the **Applications** folder and select **File > New**.
2. Scroll to the right under **Free Systems** > select **Install macOS X Using the Recovery Partition**.

3. Click **Continue** and proceed with the installation.

To install macOS virtual machine using the macOS installation .app or get more information regarding the installation process, please visit [KB 125105](#).

---

© 2024 Parallels International GmbH. All rights reserved. Parallels, the Parallels logo and Parallels Desktop are registered trademarks of Parallels International GmbH. All other product and company names and logos are the trademarks or registered trademarks of their respective owners.