

Contents

Foreword	20
Feedback	21
Legal information	22
Activating your Capture One License	23
Getting to know Capture One	25
The Grand Overview	25
The Image Browser in Detail	28
The Viewer in Detail	31
Selecting All Images	33
Selecting a Series of Contiguous Images	33
Selecting Non-Contiguous Images	33
Deselect all Images	33
Deselecting a Single Image	33
Invert your Image Selection	33
Viewing and Editing Multiple Images	34
The Toolbar and the Cursor Tools	35
5 Cursor Tools you Should Know	37
Working with Tool Tabs	39
Overview of the Tool Tabs	40
Removing a Tool Tab	44
Adding Tools to Tool Tabs and Removing them	45
Making the Tool Tabs Icons more Compact	46
Creating a Custom Tool Tab	47
Scrollable Tool Tabs	47
Moving Tools Between Pinned and Scrollable Area	48
Taking Advantage of Floating Tools	49
Getting to know Tools and their Icons	50
Tips for Working Faster with Sliders	52
Using Auto Adjustments	53
Viewing the Image with Before/After Adjustments	54
Viewing a Before-version per Tool	56
Saving your own Workspace	57
Dual Screen Workspaces	57
Using Client Viewers to Present the Images	60
Customizing the Keyboard Shortcuts	63
Search for Commands or Shortcuts	65
Custom Shortcuts for Styles and Edit With in External Apps	66
Save and Load Settings via the Cloud	69
Menus and per-Image vs per-Document Actions	72
The advantages of working non-destructive	73

Selecting the Resolution of the Previews	78
Catalogs and Sessions – what to use?	80
Being in sync with the file system	81
Pros and Cons for Catalogs and Sessions	82
File management in a Catalog	83
Keeping your catalog up to date with Synchronize	84
Moving an image to a new folder	86
Deleting an image	87
Show images from subfolders	89
File Management in a Session	90
Create Multiple Capture Folders with Ease	91
Setting a new Capture Folder on the fly	92
More Advanced Folder Creation with Studio	93
Saving a Folder Setup as a Preset	95
Creating Multiple Capture Folders inside a Session	95
Hiding the Session Folders	96
Hiding the Output Folder	97
Working with Folders in a Session	98
Deleting an image from a Session	100
Moving an image file	101
Session File Paths – Relative vs Absolute	103
Working on offline images	105
Storing files within a Catalog	107
Tips for opening Catalogs and Sessions	109
Having more than one Catalog or Session open	110
Importing and Exporting Catalogs	111
Exporting a Catalog	111
Importing a Catalog	112
Importing a Lightroom Catalog	112
Importing a Session	114
Importing a Catalog into a Session	115
Transfer image adjustments between Catalogs	116
Adding images by Import	117
Using the options during import	120
Picking which images to import	126
Taking the import culling to the next level	127
Taking advantage of automatic grouping	127
Using the Face Focus feature	129
Using large thumbnails for fast rough culling	131
Change Capture Time during Import	138
Cloud Transfer from Capture One for iPad	141
Downloading images to Capture One from the Cloud	142

Supported file formats and cameras	143
How to check if your camera is supported	143
HEIF / HEIC support	143
Support for Apple ProRAW and iPhone Pro	144
Broad Support of DNG Raw files	145
Converting Raw files to DNG format	146
DNG exported from other software packages	147
Exporting in the DNG Format	148
Supported File Resolutions for Editing	148
Support for PSB files	148
Importing and Working with TIFF, PSD and PSB Files	149
Importing Files with Photoshop Layers	149
Capture images by shooting tethered	150
Getting started	150
Using the Camera tool	151
Getting the Exposure right	152
Naming files during capture	152
Choosing the Capture Location	153
Shooting tethered with a Catalog	155
Save to memory card during tethering	157
Shooting to memory cards on a Mac	158
Making an automated backup during tethering	159
Automatically import images from card on reconnection	160
Speed things up with Capture Adjustments	162
Getting Metadata Right from the Start	164
Adding the Correct Keywords during Capture	166
Adding image adjustments during capture	168
Adding Presets or Styles	168
Adding AI-based cropping during tethering	169
Camera Focus	170
Adjust advanced camera settings	171
Adding an Overlay	171
Using Live View during capture	172
Click to Focus in Live View	174
Live View Navigator	175
Live View Controls	175
Camera Focus	175
Live View Info	175
Live View Focus Meter	176
Overlay	177
Using the Camera Menu	177
Composition Mode	177

Wireless Tethering	178
Using the camera's built-in WiFi	180
Adding IP address manually (Phase One only)	180
Hot Folder	181
Auto Select New Capture	181
Lock tools so they can't be Changed	183
Capture Pilot	186
Connecting an iPad or iPhone to Capture One	186
Using the Capture Pilot app	187
Connect to a web browser	188
Live for Studio	189
Following the Latest Capture	191
Capture One Live	193
Free online sharing for everybody	193
Start using Capture One Live	194
Using Capture One Live for the reviewer	199
Adding online comments to images	200
Reviewing the comments in Capture One	201
System Notifications on online feedback	202
Let the reviewer follow your current image edits	203
Rename files and create folders automatically with Tokens	206
Widespread advantages of tokens	207
Selecting a Token	207
Tips to improve Tokens	209
The most useful and powerful tokens	209
Renaming files	221
Batch Rename Images	221
Renaming files with Text and Tokens	222
Rename using Find and Replace	223
Culling and rating your images	224
Culling with Automatic Grouping	225
Using the Face Focus feature	227
Using Eye and Face focus outside the Cull Images	228
Rating the images	230
Color Tag images for favorite and rejected shots	231
Deleting the rejected images	232
Color Tags and working with other applications	233
Automatically advance to the next image when rating or tagging	234
Comparing images for rating	235
Choosing your hero shot with Compare Variant	237
Add Extra Compare Variants in Capture One Studio	238
Organize by using Albums	242

Flexible Album and Variant System	242
Creating an Album	243
Adding images to an Album	244
Populating an Album with Selects Collection	245
Removing images from an Album	246
Getting Smart with Smart Albums	246
Editing a Smart Album	248
Keeping Albums organized with Groups and Projects	249
Using Projects vs Groups	250
Organize by Using Folders	252
Working with Folders in a Catalog	253
Moving Files in a Catalog	254
Keeping the Folder Content up to Date	254
Working with Folders in a Session	255
Moving Files within a Session	255
Changing the Capture, Selects, Output, or Trash Folder	257
Taking Advantage of Subfolders in a Session	257
Using All Images and other Smart Albums	258
Adding Favorites in a Session	258
Working with Variants of the same image	260
Creating new Variants	260
Organizing Variants of the same file	261
Selecting by Variant position	262
Collapsing or expanding a stack	262
Stacking compared to Lightroom	262
Finding the right images with the Filters tool	263
Adding more criteria to filter from	264
Hide and show file types to filter	266
Select by Rating, Color Tag or filenames	267
Select By Rating	267
Select By Color Tag	267
Select By Filename List	268
Selecting by the same attribute	268
Adding custom keyboard shortcuts	269
Finding images with Advanced Search	270
Be aware of Global Filters	273
Search retained per collection	273
Saving a Search Preset	274
Create Albums with search results	274
Even more Advanced Search	275
Working with Keywords	277
Adding keywords	277

Copying keywords	278
Renaming keywords	279
Deleting keywords	280
Saving and reusing as Preset	280
Faster workflow with Keyword Library	281
Applying a Keyword with the Keyword Library tool	281
Creating a Keyword with the Keyword Library tool	282
Working with Keyword lists	282
Exporting a Keyword List	283
Creating a keyword list outside Capture One	284
Controlling which Keywords get exported with an image	284
Adding and using Metadata	285
Change the Capture Time	285
Changing Capture Time on multiple images	286
Using Exif data	286
GPS location data	287
Adding IPTC metadata	287
IPTC Contact	288
IPTC Content and IPTC Image	288
IPTC Status	289
Save Metadata tags as a Preset	289
Copy and reuse Metadata	290
Metadata or keywords?	291
Keeping track of changing metadata	291
Removing metadata during export	293
Make notes with the Annotations tool	294
Adding an Annotation	294
Removing an Annotation	295
Displaying annotations	295
Add Annotations to exported images	296
Keeping track of Annotated images	297
Power User Tip: Adding text to the Annotations	297
Copy and reuse Annotations	298
Image Editing Preface	299
Getting the composition right with Crop	301
Readjusting a crop	302
Setting a specific crop size	303
Changing the Aspect Ratio of the crop	304
Crop and Aspect Ratio Behavior	304
Adding a custom Aspect Ratio	306
Custom shortcuts for Aspect Ratios	307
Automate the cropping with the help of AI	308

Preparing and using the AI crop	308
Copy and reuse a crop adjustment	310
Removing a crop	310
Changing the mask opacity	312
Lens Distortion and auto-cropping	313
Applying Embedded Crop Metadata Automatically	314
Working with a Grid	315
Advanced AI Cropping with Studio	316
Using AI Cropping for Subjects	316
Using AI Cropping for Portraits	319
Using full Auto cropping	320
Working Super-efficient with AI Cropping	320
Taking advantage of AI Crop Presets	321
Getting the angle right with Rotation & Flip	322
Automatic Image Rotation	322
Flipping the image	324
Resetting the adjustment	325
Copy and reuse an adjustment	325
Getting the perspective right with Keystone	326
Automatic Keystone Corrections	326
Using the Keystone feature manually	328
Fine-tuning the correction	330
Readjusting the crop	331
Focal Length Metadata is Crucial	331
Assign a keyboard shortcut for Auto Keystone	332
Automatic Corrections with Camera Keystone data	332
Copy and reuse an adjustment	333
Save Keystone settings as a Preset	333
Fixing lens flaws with Lens Correction	334
Removing Chromatic Aberration	335
Correcting distortion	336
Correcting Soft Corners	338
Correcting Vignetting & Light Falloff	338
Adding Diffraction Correction	339
Hide Distorted Areas	340
Accounting for a Shift Lens	341
Using a Generic Profile	341
Disable Lens Corrections by default	341
Copy and Reuse an Adjustment	342
Working with Grid and Guides	343
Adding and Working with Guides	345
Superior handling of guides in Studio	346

Saving Guides Presets for fast reuse	347
Adding Guides during Export	347
Getting the colors and contrast right with Base Characteristics	348
ProStandard camera profiles	349
Optimized Color Profiles for E-Commerce	350
Nikon Profiles	351
Phase One Profiles	351
Colors and the ICC Profile	352
Saving as a Preset for reuse	353
Adjusting contrast with Curve	354
Taking advantage of the Linear Response Curve	354
Save your changes as defaults	355
Fujifilm Film Simulations	356
Using a custom ICC Profile with Fujifilm	357
Upgrading to a new Processing Engine	358
Processing Engine 6 and 7 no longer supported	358
Changing to an older Processing Engine	359
Getting the White Balance right	360
Adjusting color temperature	361
Using the Pick White Balance cursor tool	361
Using the Kelvin and Tint sliders	363
Adjusting white balance automatically	363
Copy White Balance adjustment to other images	364
Saving as a Preset	364
Handling more than one light source	365
Making Localized Adjustments on a Layer	366
Creative uses of white balance	367
Correct vs pleasing white balance	367
Making basic adjustments with Exposure	369
Getting the exposure right	369
Using the Histogram	369
Using Exposure Warning	370
Using Color Readouts to check exposure	372
Adding Contrast	372
Adjusting Brightness	373
Adding Saturation	374
Adjusting Exposure, Contrast, and Brightness automatically	374
Saving as a Preset	375
Copy and reuse an adjustment	376
Making Localized Adjustments on a Layer	376
Using Dodge and Burn	377
Stacking the saturation effect	377

Recovering details and adding contrast with High Dynamic Range	378
Recovering details	379
Light balancing tips	379
Increasing contrast	380
Levels and Black and White Point	380
Getting help from Exposure Warning	381
Coming from Lightroom	381
Adjusting Highlight and Shadow automatically	382
Saving as a Preset	382
Copy and reuse an adjustment	383
Making Localized Adjustments on a Layer	383
Optimizing the contrast with Levels	385
Setting the black and white point manually	386
Setting the black and white point automatically	386
Setting the Auto Levels Clipping Thresholds	387
Setting the black and white point from the image	388
Adjusting the midtones with the Levels tool	388
Setting output targets	389
Changing Channel Mode for scanned images	390
Using Levels to play with color	391
Saving as a Preset	392
Copy and reuse an adjustment	393
Making Localized Adjustments on a Layer	393
Getting the perfect contrast with the Curve tool	395
Using RGB and Luma curves	396
Adjusting and adding a curve point	397
Deleting a curve point	398
Making precise adjustments	398
Setting the black and white point	399
Creative color adjustments	400
Saving as a Preset	402
Copy and reuse an adjustment	402
Superior Dodge and Burn	403
Removing color cast locally	403
Using Curves and Linear Response	404
Improving colors with the Color Editor tool	405
Working with the Basic tab	405
Adjusting the Colors directly on the image	407
Coming from Lightroom	408
Advanced Tab introduction	409
Selecting the color range	409
Tweaking the color range selection	410

Inverting the color selection	411
Selecting all colors	412
Making the color adjustments	413
Working with Skin Tone	415
Selecting the color	415
Tweaking the Color Range Selection	416
Making color adjustments	417
Increasing Color Uniformity	418
Save a Color Selection as a Mask	419
Save Color Adjustments as an ICC Profile	420
Saving color adjustments as a Preset	421
Copy and reuse an adjustment	422
Making Localized Adjustments on a Layer	423
Creative color styles with Color Balance	425
Adding a Color Tint	426
Adding Contrast to Your Style	426
Using a Built-In Preset as Inspiration	427
Copy and Reuse an Adjustment	427
Resetting Adjustments	428
Tips for Color Balance Adjustments	428
Working Efficiently with the Color Balance tool	429
Making Localized Adjustments on a Layer	429
Converting to Grayscale with Black & White	431
Creating a Split Tones look	432
Using Color Balance for Tri-Tone styles	432
Using a Built-In Preset as Inspiration	433
Copy and reuse an adjustment	434
Tips for Improving Black and White Adjustments	434
Adding punch and micro-contrast with the Clarity tool	436
Choosing the right method	437
Copy and reuse an adjustment	438
Making Localized Adjustments on a Layer	439
Eliminate haze, smog or mist with Dehaze	441
Re-balancing Contrast after Dehaze	442
Taking advantage of Layers & Masks	443
Using Negative Dehaze	444
Creating Dehaze as a Style	444
Copy and reuse an adjustment	445
Four tips for using Dehaze	446
Adding a Border Shadow with Vignetting	447
Saving as a Preset	448
Copy and Reuse an Adjustment	448

Using a Radial Gradient Mask to create a Vignette	449
Perfect the Portraits with Retouch Features	450
Removing Blemishes and other Imperfections	451
Remove Skin Imperfections from the Neck	453
Remove Dark Areas under the Eyes	454
Making the Skin Tones more Uniform	455
Controlling how much Skin Detail should be Affected	456
Smooth out the Neck Area with Even Skin	456
Adding Face Sculpting	457
Controlling the overall Impact of Retouch Face Skin	458
Resetting the Retouch Adjustments	458
Working with Multiple Faces	459
Copying Retouch Adjustments to other Images	460
Creating Retouch Face Skin Presets	461
Getting Brighter and Whiter Teeth	462
Copying Retouch Teeth to other Images	462
Creating Retouch Teeth Presets	463
Making the Eyes more Bright	464
Creating Retouch Eyes Presets	465
Including Retouch Features in a Style	466
Style Limitations to be aware of	466
Complementary Image Adjustments	467
Optimize the details with Sharpening	469
3-Step Sharpening Workflow	469
Sharpening is adding contrast	470
Getting to know the Sharpening tool	470
How to obtain the optimal sharpness level	473
Using the Focus tool	473
Copy and reuse an adjustment	476
Save your changes as defaults	476
Additional lens-based sharpening	476
Improving Sharpness with Structure	477
Making Localized Adjustments on a Layer	478
Output Sharpening during Export	479
Removing noise with Noise Reduction	480
Removing hot pixels with Single Pixel	482
Saving as a Preset	483
Copy and reuse an adjustment	483
Save your changes as defaults	484
Making Localized Adjustments on a Layer	484
Adding Photorealistic Grain with Film Grain	486
Using a Built-In Preset	487

Copy and Reuse an Adjustment	487
Alternative uses for Film Grain	487
Adjusting film grain for output and print	488
Eliminating sensor dust with the Dust Removal tool	489
Using Remove Spot or Heal?	491
Copy and reuse dust removal	491
Removing purple fringing	492
Saving as a Preset	492
Copy and reuse an adjustment	492
Making Localized Adjustments on a Layer	492
Removing moiré	493
Saving as a Preset	495
Copy and reuse an adjustment	495
Align Color and Exposure Across Multiple Images with Normalize	496
Selecting a Color Target	496
Applying a Normalization Target	497
Resetting a Normalize Adjustment	497
Entering a Target Value Manually	498
No copy adjustments	498
Saving and reusing a Preset	499
Using Normalize with Layers & Masks	499
Correct lens cast with the LCC tool	501
Capturing a reference LCC image	501
Creating an LCC profile	502
Applying an LCC profile	504
Adjusting the LCC profile effect	504
Removing an LCC profile	504
Applying multiple LCCs in a batch	505
Using Presets to speed up the LCC workflow	506
Saving the LCC profile as a Preset	506
Applying the LCC profile as a Preset	507
Copying and reusing lens metadata	507
Copy and reuse an adjustment	508
Changing the defaults	509
Making Local Adjustments with the Layers & Masks tool	510
Creating a New Layer with a Mask	511
Renaming or Deleting a Layer	512
Creating a Brushed-on Mask	513
Adjust the Brush Settings on the fly	514
Remembering Brush Settings for each Layer	515
Showing and Hiding the Mask	516
Displaying the Mask in Grayscale	517

Erasing a Part of the Mask	518
Erasing the Whole Mask	519
Additional Brush Options	519
Taking Advantage of Advanced AI Masking	520
Using AI People Masking	520
Letting the AI create an Automatic Subject Mask	522
Creating an AI Mask by Choosing the Subject	523
Tips for selecting tricky details with AI Masking	524
Things to be aware of with AI Masking	525
Using AI Eraser to remove areas from the mask	526
Using Magic Brush to mask similar colors	527
Tips when working with the Magic Brush	529
Using Magic Eraser to delete mask areas with similar colors	530
Using the Auto Mask feature	531
Using Fill Mask	532
Creating a Linear Gradient Mask	533
Creating a Radial Gradient Mask	534
Warning: Using a Brush on a Linear or Radial Gradient Mask	536
Create Powerful Masks with Combine Masks	537
Understanding Luma Range Masking	541
Creating Luma Range Masking	542
Additional Luma Range Options	543
Readjusting Luma Masking	544
Operations Effects on Luma Range	544
Tips Working with Combine Masks	545
Feathering a mask	546
Using Refine Mask to improve the mask	548
Adjusting the Opacity of the Layers	550
Using a Color Selection to Create an Automatic Mask	551
Reusing a Mask in Another Layer	552
Duplicate a Layer with both Adjustments and the Mask	553
Reposition a Mask after the fact	554
Changing the Mask overlay color	554
Using Heal and Clone to repair images	555
Moving the source point arrow	556
Extending and adding to a mask area	557
Delete parts of a mask area	557
Show and Hide Arrows	558
Should you use Heal or Clone?	558
Copying Layers and Masks to other Images	561
Copying Layers without their Masks	562
Adding vs Overwriting Layers during Copy	563

Making a local image adjustment	565
Moving Image Adjustments from Background to New Layer	566
Stacking Image Adjustments	567
Work faster with keyboard shortcuts	568
Saving and reusing adjustments with Styles and Presets	569
Applying Styles and Presets	570
Using Stacked Styles or Presets	571
Adding a Layer Style	572
Adding Presets or Styles to a single Layer	573
Creating a Preset	574
Creating a Style	575
Adding Custom Shortcuts for Styles	576
Removing and deleting a Style or Preset	577
Copying styles to other images	579
Importing and exporting Styles	580
Applying Styles and Presets during import	581
Applying Styles and Presets during tethered shooting	581
Creating a Style Pack for easy sharing	582
Adding a Styles and Presets menu to the Toolbar	582
Working with Layers in Styles	583
What can be Included in a Layer Style	583
Creating a Style with Layers	584
Adding a Style with Layers	585
Adding more than one Layer Style	586
Mixing Layer Styles with normal Layers	587
Removing a Style with Layers	587
Copying a Style with Layers	588
Adding Presets or Styles to a single Layer	589
Saving Layer Adjustments as a Style without the layer itself	591
Taking Advantage of Style Brushes	593
Creating your own Custom Style Brush	595
Recreate any Style with Match Look	597
Setting the Look Reference	597
Applying the Look to your Images	598
Adjusting the Strength with Impact	599
Using Multiple Reference Images	599
Creating the Match Look on a Layer	600
Saving the Match Look as a Preset for Quick Reuse	600
Tips and Tricks for Working with Match Look	601
Work Smart with Smart Adjustments	603
Creating a Smart Adjustment	603
Applying the Smart Adjustment	604

Using Smart Adjustments without faces	605
Saving a Smart Adjustment as a Style	606
Even Smarter Workflow	607
Copying edits with the Adjustments Clipboard	608
Selecting the source and the target images	608
Copying adjustments per tool	609
Copying multiple image adjustments	610
Copying Layers	612
Copying Smart Adjustments	613
Working faster with the Adjustments Clipboard tool	613
Work faster with shortcuts and cursor tools	615
Faster image adjustments with Speed Edit	618
Using Speed Edit vs Copy/Apply	620
Working on Layers	620
Customizing the Hotkeys	621
Changing the Sensitivity	622
Using Undo with Speed Edit	622
Creating HDR merged images	624
Primer on Dynamic Range and HDR	624
Creating the HDR image	625
Notes on Image adjustments	626
Getting the best Tone Mapping	626
Best practice for shooting images for HDR	628
Creating Panorama Images	629
Working with image adjustments on the panorama file	632
Best practice for shooting images for Panorama	632
Exporting images	633
Selecting and creating an Export Recipe	636
Choosing the export location	638
Changing the Default output folder	639
Overriding the default target folder	639
Saving the exported images together with the source images	639
Adding subfolders with powerful tokens	640
Saving and reusing a Folder Preset	642
Overwriting or keeping older versions of the exported images	642
Creating global subfolders for all Export Recipes	644
Renaming files during export	646
Using global/shared naming for all Export Recipes	649
Selecting File Format and Resolution	651
Perfecting JPEG Compression	651
Exporting Original Files	653
Selecting the Right ICC Profile Color Space	654

Exporting in CMYK Format	654
Adjusting the Output Resolution	655
Selecting Specific Image Dimensions for Output	655
Opening the Exported Images Automatically	658
Controlling the Image Crop for Export	659
Applying Output Sharpening During Export	660
Getting the Output Sharpening Perfect with Recipe Proofing	661
Adding a Watermark During Export	662
Controlling the exported metadata	664
Adding Annotations during export	665
Adding Overlay during export	666
Exporting Masks as Alpha Channels	667
Adding Guides during Export	668
Once you open the PSD or PSB file in Photoshop, you can select the Move Tool and reposition the guides created in Capture One. This workflow will also ensure that the guides are not added to the images in a destructive manner.	668
Export Notifications and opening the export target folder	669
Verifying the Authenticity of Your Images with Content Credentials	670
Pause (and resume) the export process with Export Queue	673
Notable Export changes from old versions of Capture One	675
Exporting original images	677
Pack files as EIP	678
Open and Edit files in external applications	679
Edit files in other applications	679
Selecting the File Format	680
Selecting an ICC Profile/color space	681
Adjusting output resolution	682
Adding output sharpening	683
Adding Metadata and Annotations	684
Working with Edit-plugins	685
Editing workflow in another application	685
Working with Photoshop layers in a file	686
Open files in other applications	687
Excluding apps from the Edit With and Open With sub-menus	688
Replace the background with Photoroom	689
Working with Plugins	693
Getting more Plugins	693
Install a plugin	694
Change Plugin Settings	695
How to publish an image	696
Printing directly from Capture One	698

Setting resolution	699
Letting the printer or Capture One manage the colors	700
Rendering intent	703
Selecting units and showing guides	704
Selecting and saving a print Template	705
Adjusting the print margins	705
Adjusting the print layout	706
Image settings	707
Adding a Caption to the print	708
Adding a Watermark to the printed image	708
Tip: Change Viewer background to white	710
Simulate the correct colors with Proof Profile	711
Working with multiple profiles	711
Viewing your images as a Slide Show	712
Creating Contact Sheets for Easy Sharing	714
Appendix	717
Backup your Catalog and Session Data	718
Making a Backup of a Catalog	718
Catalog Difference between Mac and Windows	721
Making a Backup of a Session	722
Excluding Preview files from Backup	723
Backup of Presets, Styles, Workspaces, etc.	724
A solid backup plan	724
Recovering the database after an upgrade	726
How to reset the Preferences	728
Capture One Histograms	730
Simulate the correct colors with Proof Profile	733
Selecting a Proof Profile	734
Gamut Warning	735
Working with Multiple Profiles	736
Using Recipe Proofing for previewing the image export	737
Reviewing colors with HSL or Lab Values	739
Using HSL Readouts instead of RGB	739
Using Lab Readouts instead of RGB	740
Faster Image Editing with Keyboard Shortcuts	742
Getting Support	745

