Restoration Shaman

Chain Heal. Totems. Never run dry.

The totem healer: Chain Heal, Healing Wave and Mana Tide, with WoW Forever's **Water Shield**, **Mindfulness** and the new 31-point **Riptide**.

Healer | Group healing | Totems

THE 30-SECOND VERSION

Three things to remember

Chain Heal for groups

Your best heal when several people are hurt.

Riptide boosts Chain Heal

Riptide heals over time and makes your Chain Heal on that target 25% stronger.

Water Shield for mana

New talent: water globes give you mana when you are hit or crit-healed.

NEW IN WOW FOREVER

What changed for you

Alliance shamans

Dwarves can be shamans now, so both sides have them.

Totems last 5 minutes

Most totems last 5 min (were 2), many with 30-yard range. **Totemic Call** moves your totems to you, and **Totemic Recall** picks them up and refunds 25% of their mana.

Drop all totems at once

New **Call of the Elements / Ancestors / Spirits**: one 3-sec cast puts down up to 4 totems from your totem bar.

Riptide (31)

A heal over time that also boosts your Chain Heal on that target.

Mindfulness

17% of your mana regeneration keeps going while you cast.

LEVEL BY LEVEL

Low-level tips and what to press as you level

LEVELS 1–9

- **Lightning Bolt** to pull, then melee with **Rockbiter Weapon** on.
- **Earth Shock** to interrupt casters and finish runners.
- Get your **Earth totem** quest at 4 and keep **Stoneskin** or Strength of Earth down.

LEVELS 10–19

- Level as Elemental or Enhancement; heal dungeons with **Healing Wave**.
- Take **Improved Healing Wave** and **Tidal Focus**.
- **Lesser Healing Wave** (20) for quick heals.

LEVELS 20–39

- Take **Mindfulness**, **Ancestral Healing** and **Healing Focus**.
- **Chain Heal** (40) changes everything: switch to Restoration around here.
- Take **Water Shield** and **Tidal Mastery**.

LEVELS 40–59

- Take **Mana Tide Totem**, **Healing Way** and **Purification**.
- **Nature's Swiftness** for an instant big heal.
- **Riptide** (31-point) on the tank, Chain Heal on top.

IN A DUNGEON OR RAID

How to heal at level 60

1. **Totems and Water Shield** before the pull (Mana Spring and Healing Stream).
2. **Riptide** on the tank, then Chain Heal from them.
3. **Chain Heal** when two or more people are hurt.
4. **Healing Wave** for big tank damage (Healing Way stacks make it stronger).
5. **Lesser Healing Wave** for quick top-ups.
6. **Nature's Swiftness, then Healing Wave** when someone is about to die.
7. **Mana Tide Totem** when your group's mana runs low.

Talents that matter

TALENT	TREE	WHY TAKE IT
Improved Healing Wave	Restoration	Faster Healing Wave.
Tidal Focus	Restoration	Cheaper heals.
Mindfulness	Restoration	Mana regeneration while casting.
Ancestral Healing	Restoration	Crit heals raise armor.
Healing Focus	Restoration	Less pushback.
Water Shield	Restoration	Mana from hits and crit heals.
Tidal Mastery	Restoration	More healing crits.
Restorative Totems	Restoration	Stronger Mana Spring and Healing Stream.
Mana Tide Totem	Restoration	Mana for your group.
Healing Way	Restoration	Stronger Healing Wave.
Nature's Swiftness	Restoration	An instant heal.
Riptide	Restoration (31)	A heal over time that boosts Chain Heal.

Best race for this spec

ALLIANCE

DWARF

The only Alliance shaman. **Stoneform** helps you survive cleave damage.

HORDE

TROLL

Berserking gives 15 sec of faster heals when things go wrong.

RACE	SIDE	RACIALS
Dwarf	Alliance	**Artisan's Precision**: +1% hit with attacks and spells. **Stoneform**: removes bleeds, poisons and diseases and cuts physical damage taken by 10% for 8 sec. **Big Game Hunter**: +5% damage to Beasts.
Orc	Horde	**Blood Fury**: +10% attack power and spell power for 15 sec, every 2 minutes. **Command**: +5% damage for Hunter and Warlock pets. **Shatter Curse**: 5% less magic damage taken for 8 sec.
Tauren	Horde	**Endurance**: +5% health. **War Stomp**: stun nearby enemies. **Plainsrunning**: run speed that builds while you run (2% a stack, up to 60%; not on mounts).
Troll	Horde	**Berserking**: faster attacks and casts for 15 sec. **Beast Slaying**: +5% damage to Beasts.

RACE	SIDE	RACIALS
Skyborne (Windshaper)	Horde	**Wind Blessed**: +2% attack and casting speed. **Elemental Insight**: +5% damage to Elementals. **Walk on Air**. **Skysight**: +15% run speed for 15 sec (+30% while Charged from an elemental convergence; Charged ends when you enter a raid). Paid race.

These are small edges, about 1 to 2 percent. Play the race you enjoy and the side your friends are on. Skyborne needs the paid Skyborne Heroic Pack.

QUICK TIPS

Play it better

Downrank Chain Heal

Lower ranks are much cheaper and often enough.

Totems last 5 minutes

Drop them once per pull with a Call spell, and recall them for mana.

Water Shield, not Lightning Shield

Only one shield at a time. Water Shield is the healer's pick.

Stand in range of everyone

Chain Heal jumps between people close together.

TROUBLESHOOTING

When something seems off

WHAT YOU SEE	WHAT TO DO
Totems keep running out	They last 5 min now; use a Call spell to drop them all, and Totemic Call to move them with you.
Out of mana	Use Totemic Recall to get 25% of totem mana back, drop Mana Spring, and drink between pulls.
Chain Heal hits the wrong people	Cast it on the most hurt person; it jumps to the next most hurt nearby.
Riptide is missing	It is the 31-point Restoration talent.

BUSTER'S TIP

Let Bonkr Compass+ call your buttons

Compass+ is built for damage rotations. Use its levelling list while you quest, then turn it off or switch to a healing layout in groups.

BONK RESPONSIBLY. LOOT DRAMA IS EXTINCT.

Bonkr Vault, Bonkr Gavel+ and Bonkr Compass+ · www.bonkr.net

Abilities, learn levels, talents and racials come from WoW Forever's game data as used by the open-source WoW Forever simulator; also used: ForeverChanges: shaman changes vs Classic, timesaver.gg: racials after the final changes. WoW Forever is new and still changing: your talent tree and tooltips in game are the final word.

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