



MCK BOOST
RAID PERFORMANCE SERIES

THE TREE HEALER FIELD MANUAL

Restoration Druid
Black Temple + Mount Hyjal

BUILD	ALLIANCE	HORDE
0 / 0 / 61	Night Elf	Tauren
PRIMARY JOB	PRACTICAL HASTE	CORE SPELL
Tank HoTs	125+ rating	Lifebloom

Version 1.0 | 21 July 2026
An assignment-first min-max guide for healing cycles, haste packages, mana, talents, gear, consumables, raid positioning, macros and log review.
Talent and ability labels are clickable. Identification icons are sourced through Wowhead.

01 / COMMAND CARD

The 60-second healer setup

Predict damage, protect Lifebloom cycles and finish with useful mana—not empty pride.

SPEC

0/0/61 Tree of Life.
The 41-point HoT core is mandatory; utility points are flexible.

ASSIGNMENT

Tank group first.
Roll 1-3 tanks; raid HoTs fill spare globals.

GEAR

Save 4-GCD, 5-GCD, regen and resistance packages.



Tree of Life
HoT efficiency + party healing aura



Lifebloom
Maintain three stacks; refresh late



Rejuvenation
Tank coverage + raid spot HoT



Regrowth
Long HoT / casted filler



Swiftmend
Instant rescue; consumes a HoT



Nature's Swiftmend
Emergency Healing Touch setup



Innervate
Schedule by fight length and ownership



Rebirth
Assigned battle resurrection

Gate	Ready when...	Failure prevented
Haste set	The sheet shows 125+ haste if using a five-global cycle.	Latency-driven Lifebloom drops.
Four-global set	Higher healing/regen alternative is saved for lighter tank counts.	Forcing contested haste where it adds no assignment value.
Mana plan	First potion, rune and Innervate times are written from kill length.	Ending early or wasting consumable cooldowns.
UI	HoT duration, stacks, tank assignments, range and debuffs are visible.	Refreshing early, missing final ticks or healing the wrong tank.
Movement	Tree-form exit and speed plan is bound for Archimonde/Supremus.	Dying while slowly chasing mechanics.

Carrier rule

The best healer prevents the lethal event and preserves the raid's tempo. Raw HPS is evidence only after assignment coverage, dispels, mana, movement and deaths are understood.

02 / CHARACTER FOUNDATION

Faction race, reputation and access

Neither faction gets a healing-throughput racial; survivability and utility decide.

Alliance - Night Elf



Shadowmeld

Reset / threat-drop utility when conditions allow

- + The only Alliance Druid race in TBC.
- + Quickness adds 1% dodge, a small survival gain.
- + Shadowmeld can help recover a bad trash pull but is not a healing cooldown.

Horde - Tauren



War Stomp

Emergency control; usable in Tree on the TBC ruleset

- + The only Horde Druid race in TBC.
- + Endurance adds 5% health, useful against raid-wide burst.
- + War Stomp can buy a pickup global on loose Hyjal mobs; respect DR and positioning.

Faction recommendation

Choose the faction your roster needs. Tauren is marginally stronger for healer survival; Night Elf is the required Alliance choice. Neither changes Lifebloom throughput.

Reputation and access

Requirement	Target	Reason
Aldor	Preferred over Scryer	Greater Inscription of Faith is stronger, and Aldor supports Golden Spellthread crafting.
Honor Hold / Thrallmar	Revered	Arcanum/Glyph of Renewal head enchant.
Mount Hyjal	Complete The Vials of Eternity	Finish the complete Vashj + Kael'thas chain before relying on account access.
Black Temple	Complete Akama / Medallion of Karabor chain	Partial progress is not the same as the finished account unlock.
Live verification	Check entrances and raid calendar	Anniversary access and hotfix behavior can change.

Best race in each faction

Alliance: Night Elf. Horde: Tauren. Both are also the only Druid race available to their faction in TBC, so there is no hidden race reroll for more healing.

03 / TALENT ARCHITECTURE

0 / 0 / 61 Tree of Life

The all-purpose carrier build maximizes Restoration tools and leaves no assignment dependent on a respec.

Restoration - 61 points

 Improved Mark of the Wild - 5/5 Raid stats	 Furor - 5/5 Reliable resource on emergency shift	 Nature's Focus - 5/5 Pushback protection
 Natural Shapeshifter - 3/3 Cheaper form exits	 Intensity - 3/3 Casting regen	 Subtlety - 5/5 Threat reduction / dispel protection
 Omen of Clarity - 1/1 Clearcasting utility	 Tranquil Spirit - 5/5 HT / Tranquility mana	 Improved Rejuvenation - 3/3 Core HoT throughput
 Nature's Swiftress - 1/1 Emergency instant Nature spell	 Gift of Nature - 5/5 All healing	 Improved Tranquility - 2/2 Threat reduction / cooldown
 Improved Regrowth - 5/5 Regrowth crit	 Living Spirit - 3/3 Spirit + Tree aura	 Swiftmend - 1/1 Instant rescue
 Natural Perfection - 3/3 Spell crit + defense	 Empowered Rejuvenation - 5/5 HoT scaling	 Tree of Life - 1/1 Raid-healing identity

What is actually mandatory

Tree of Life, Swiftmend, Empowered Rejuvenation, Living Spirit, Gift of Nature, Improved Rejuvenation and Nature's Swiftress form the throughput core. The points above the 41-point minimum are more flexible than the handbook layout suggests.

**Brambles**

Optional raid Tree variant / Thorns utility

Alternative builds

A raid-only Tree build can move low-impact direct-heal points into Balance utility such as Brambles. A Dreamstate / Improved Faerie Fire healer is assignment-specific and gives up the normal Tree identity; use it only when the roster has no Balance Druid and explicitly values the debuff.

04 / STAT CONTROL

Haste is a cycle breakpoint

Healing Power wins generally; haste wins when it creates another useful global before Lifebloom expires.

Rating	Approx. GCD	Cycle meaning
0	1.50 sec	Four instant globals fit comfortably inside a 7-second Lifebloom window.
113	~1.40 sec	Theoretical minimum for five globals; no practical latency buffer.
125	~1.39 sec	Common practical floor for a five-global cycle on a low-latency connection.
>125	Lower	Add the buffer your real latency and input consistency require.

Formula

At level 70, roughly 15.77 spell-haste rating gives 1% haste. Approximate $GCD = 1.5 / (1 + \text{haste}\%)$. The practical test is your logs: did five useful globals fit without dropped stacks or early-refresh tick loss?

Stat priority by assignment

Assignment	Priority	Decision rule
1-2 tank HoTs	Healing Power > enough regen > Spirit > Intellect; haste by useful package.	A fifth global may add little if only two Lifeblooms are rolled.
3-4 tank cycle	Reach a stable 125+ haste package, then Healing Power and required mana.	The fifth global enables coverage or a rescue spell.
Long progression	Healing Power > Spirit/MP5 as needed > Intellect; preserve the cycle.	Mana stats rise only until the planned cast profile lasts.
Short farm	Healing Power + practical haste; reduce surplus regen.	Ending with large mana means throughput could replace regen.
Survival check	Stamina / resistance to the encounter floor.	A dead healer has zero stat value.

Do not call 125 a universal cap

It is a practical breakpoint for a particular Lifebloom cycle. Build both a 4-GCD throughput/regen set and a 5-GCD haste set; select them from the actual number of rolling targets and fight length.

05 / HEALING ENGINE

Build the cycle around assigned tanks

Lifebloom ticks every second; every refresh choice changes both safety and available globals.

Targets rolled	Globals per 7 sec	Spare capacity before haste
1	1 Lifebloom refresh	Three instant globals or about five seconds of cast time.
2	2 Lifebloom refreshes	Two instant globals or one Regrowth-sized window.
3	3 Lifebloom refreshes	One safe instant global; a casted heal is latency-sensitive.
4	4 Lifebloom refreshes	No spare global until a stable five-GCD haste package is equipped.



Lifebloom
Refresh stacks as late as safely possible



Rejuvenation
12 seconds: survives roughly two cycles



Regrowth
21-second HoT: refresh every 3+ cycles



Swiftmend
Consumes Rejuvenation/Regrowth for instant healing

Two-tank example

Cycle	GCD 1	GCD 2	GCD 3-4 / 5
A	Lifebloom Tank A	Lifebloom Tank B	Rejuvenation A + Rejuvenation B
B	Lifebloom Tank A	Lifebloom Tank B	Regrowth on the tank whose HoT is expiring
Emergency	Refresh endangered stack	Swiftmend / raid Rejuvenation	Re-enter cycle from the earliest-expiring target

Refresh late, not recklessly
Refreshing too early can sacrifice a Lifebloom tick; refreshing too late drops three stacks. Track fractional duration, your real latency and target order. A consistent 6.8-second refresh is better than a theoretical 6.99-second failure.

06 / GEAR CONTROL

Four healing packages, one keybind each

A healer BiS list is a starting point; assignment and kill length decide the equipped set.

Set	Purpose	Locked constraints	Stat shape
TREE - 4GCD	1-2 tanks / raid spot HoTs	Enough mana for planned casts; survival floor	Max Healing Power, Spirit and efficient MP5
TREE - 5GCD	3-4 rolling targets	At least 125+ practical haste; no dropped stacks	Haste cloak/bracers/gloves/belt/rings
TREE - REGEN	Long progression / weak mana support	Cycle unchanged; planned potion + Innervate	Spirit, MP5, Intellect and Memento
TREE - SR	Mother Shahraz	Raid SR target + health floor	Keep enough healing and mana to execute assignment
TREE - MOVE	Archimonde / movement-heavy work	Boar's Speed, form-exit bind, survival	Do not overpay for stationary throughput

Upgrade workflow

Step	Question	Pass condition
1	Does the item complete or break the 125+ package?	The full set—not the single item—meets the cycle.
2	How much Healing Power is gained or lost?	The added global produces more useful healing than the raw-stat alternative.
3	Does mana still last the real kill?	Potion/rune/Innervate plan finishes with a small safety reserve.
4	Is the loot much stronger for another healer?	Crystal Spire and contested haste are assigned for raid value, not list color.
5	Did the set survive movement and resistance checks?	The character lives and stays in range while executing the assignment.

Tier 6 priority

Thunderheart pieces have strong raw stats, but the set bonuses are weak for the normal HoT role. Accept lower token priority when another class gains more raid value; use crafted haste and strong off-set pieces without forcing four-piece.

07 / PHASE 3 TARGET SHEET

BT + Hyjal healing endpoint

The five-GCD line is shown; keep the lower-haste alternatives from the previous page.

Slot	Target	Source / decision
Head	Thunderheart Helmet / Cowl of Benevolence	Archimonde / Teron; both top options
Neck	Lord Sanguinar's Claim	Kael'thas; remains best
Shoulders	Thunderheart Spaulders / Renewed Life / Swiftheal	Raw stats / crafted haste
Back	Shroud of the Highborne	Illidan; major contested haste piece
Chest	Thunderheart Tunic	Illidan token; strongest raw stats
Wrists	Swiftheal Wraps / Bracers of Renewed Life	Crafted haste; effectively tied
Hands	Botanist's Gloves of Growth	Teron; Healing Power + haste
Waist	Angelista's Sash / Belt of Primal Majesty	Kaz'rogal / Gurtogg; near-identical haste
Legs	Leggings of Eternity	Archimonde
Feet	Boots of the Divine Light	Hyjal trash; realistic default
Rings	Blessed Band of Karabor x2	BT trash; non-unique haste rings
Trinkets	Memento of Tyrande + Essence of the Martyr	Illidan + Badges; regen + on-use throughput
Weapon	Crystal Spire + Scepter of Purification	Raw endpoint; yield Spire if direct-healer proc value is higher
Idol	Idol of the Emerald Queen	Shadow Labyrinth; Lifebloom default

Crystal Spire nuance

Its special low-health proc does not trigger from HoTs. The raw stats are excellent, but Priests/Paladins/Shamans may convert the proc into more raid value. Lightfathom Scepter or Hammer of Atonement with Scepter of Purification is a strong, responsible alternative.

Practical haste assembly

Shroud of the Highborne, crafted haste wrists/shoulders, Botanist's Gloves, a haste belt and Blessed Bands are the main Phase 3 levers. Stop when your real cycle is stable; do not strip useful Healing Power and mana just to inflate the rating.

08 / TANK HEALING

HoTs create the safety net

The goal is predictable incoming coverage, not sniping direct-heal meters.

Priority	Action	Execution
1	Three-stack Lifebloom on every assigned active tank.	Refresh in a fixed order late in the 7-second window.
2	Rejuvenation on tanks taking meaningful damage.	One cast spans about two Lifebloom cycles.
3	Maintain Regrowth HoT when its long duration adds value.	Downrank filler if needed; a weaker HoT should not overwrite max rank.
4	Swiftmend for a real spike or expiring HoT.	Know which HoT it consumes and reapply if the tank still needs coverage.
5	Exit Tree for NS + max Healing Touch only when required.	Pre-bind the macro; the form exit is part of the emergency cost.
6	Use spare globals on raid Rejuvenation or assigned utility.	Never drop a tank stack to win raid-healing volume.

 Lifebloom Steady one-second safety ticks	 Rejuvenation Efficient longer coverage
 Regrowth Direct heal + long HoT	 Swiftmend Instant reactive heal
 Nature's Swiftmess Emergency instant cast	 Healing Touch Max rank with NS; outside Tree

Bloom intentionally
Letting Lifebloom expire produces its final bloom and mana return, but removes the rolling stack. Use that when a tank becomes inactive, a phase ends or the final heal is deliberately needed—not because the tracker was ignored.

Threat handoffs
When a new tank becomes active, establish Lifebloom before the first dangerous swing and preserve coverage on the outgoing tank until the handoff is actually safe. Logs should show the assignment transition, not a guessing gap.

09 / RAID HEALING + EMERGENCIES

Pre-HoT the damage event

Information is the Restoration Druid's strongest cooldown.

Damage pattern	Best response	Avoid
Predictable single target	Rejuvenation before impact; Swiftmend after if needed.	Late Regrowth that lands after another healer.
Predictable group pulse	Pre-HoT priority players, then Tranquility for your party if assigned.	Blanketing everyone so early that HoTs expire before damage.
Sustained raid damage	Cycle Rejuvenation through assigned groups while preserving tank Lifeblooms.	Meter-first healing outside assignment.
Lethal tank spike	Swiftmend or cancel Tree -> Nature's Swiftiness + Healing Touch.	Searching the spellbook during the event.
Movement damage	Instant HoTs while moving; exit Tree early for speed when mechanics demand.	Remaining slowed in Tree because form uptime looks efficient.

 Tranquility Party channel; 10-minute cooldown	 Barkskin Pair to protect a channel from pushback
 Abolish Poison Use by assignment; repeated poison removal	 Remove Curse High-priority on Archimonde and assigned fights
 Rebirth Call target and confirm combat res ownership	 Innervate Use on the planned recipient and timing

Tranquility

It heals only your party, channels for 8 seconds and has a 10-minute cooldown. Confirm that the party will remain damaged and in range; combine Barkskin where permitted to reduce pushback risk.

Dispel form check

Healing Touch and some non-Restoration utility require leaving Tree. Test current Anniversary behavior for every dispel and macro before raid night; bind a deliberate Tree exit instead of right-clicking the form in panic.

10 / MANA PLAN + CONSUMABLES

Spend enough mana to save time

Restoration is efficient; efficiency only matters if spare mana becomes useful healing or damage.

Resource	Default	Timing rule
Battle elixir	Elixir of Healing Power	Best raw healing option.
Guardian elixir	Elixir of Draenic Wisdom	Best general mana-stat partner.
Flask	Mighty Restoration / Distilled Wisdom	Use on death-heavy progression when persistent value beats elixirs.
Food	Golden Fish Sticks	Healing Power + Spirit.
Potion	Super Mana Potion	Use the first when enough mana is missing and another use fits before the kill.
Rune	Dark Rune / Demonic Rune	Separate resource cooldown; ensure the health cost is safe.
Weapon oil	Superior Wizard Oil / Brilliant Mana Oil	Throughput when mana is safe; healing + MP5 when it is not.
Chest	Greater Rune of Warding	Cheap temporary physical absorb.

Fight-length timeline

Moment	Action	Goal
Pull - 20 sec	Establish assignments; do not potion before enough mana is missing.	Avoid wasted return.
First mana window	Super Mana Potion with room for its full return.	Start the cooldown early enough for a second use.
Between potions	Dark/Demonic Rune when health is safe.	Extend expensive Regrowth / raid HoT coverage.
Innervate	Equip Spirit set if used; cast at the scheduled missing-mana point.	Capture full return and do not steal a higher-value assigned recipient.
Final minute	Spend surplus mana on useful Regrowth, raid HoTs or assigned damage.	Finish with control, not an unnecessarily full bar.

Mana diagnosis

If you end near zero before mechanics end, add Spirit/MP5 or improve cooldown timing. If you repeatedly finish with a large reserve, replace regen with Healing Power/haste or cast more aggressively. The correct set follows the real kill time.

11 / ENCHANTS, GEMS + PROFESSIONS

Finish throughput before chasing parses

Aldor, Healing Power and movement speed form the default package.

Slot	Enchant	Reason
Head	Arcanum / Glyph of Renewal	Healing + MP5 from Honor Hold / Thrallmar Revered.
Shoulders	Greater Inscription of Faith	Aldor Exalted; preferred over Scryer Oracle.
Back	Subtlety	2% threat reduction; use Greater Shadow Resistance for Mother set.
Chest	Major Spirit	Healing mana and stronger Tree aura.
Wrists	Superior Healing	Highest healing enchant.
Hands	Major Healing	Highest healing enchant.
Legs	Golden Spellthread	Healing + Stamina; Silver is the budget version.
Feet	Boar's Speed	Movement offsets Tree's 20% speed penalty; MP5 is stationary alternative.
Weapon	Major Healing	Primary throughput; Mighty Spirit on an Innervate swap.
Rings	Healing Power x2	Enchanting-only +20 Healing per ring.

Gem palette

Job	Gem	Rule
Throughput meta	Bracing Earthstorm Diamond	+26 Healing and threat reduction.
Mana meta	Insightful Earthstorm Diamond	Use when the proc and mana matter more than raw Healing.
Red	Teardrop Crimson Spinel	Default Phase 3 Healing Power stack.
Yellow haste	Quick Lionseye	Only to complete a genuinely useful haste package / meta.
Blue	Purified Shadowsong Amethyst	Healing + Spirit for meta and valuable socket bonuses.

Recommended professions

- + Enchanting: +20 Healing on each ring.
- + Leatherworking: drums if assigned; Renewed Life crafting route.
- + Tailoring: Swiftheal / Primal Mooncloth crafting route.

Crafting nuance

- + Phase 3 crafted shoulders are BoP to craft but do not require the profession to equip per the current guide.
- + Confirm the live tooltip before dropping a profession.
- + Optimize the raid's drum coverage before personal convenience.

12 / RAID ECOSYSTEM

Put Tree of Life where its aura matters

The party-wide healing-received aura turns Spirit into group throughput.

RESTO DRUID Tree aura Tank HoTs	PROT WAR Active tank Primary aura target	PROT PAL AoE tank Hyjal waves	FERAL Boss / off-tank Physical group	FLEX Enhance / healer Roster need
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Placement	Gain	Tradeoff
Tank group	Tree aura increases healing received by party tanks based on your Spirit.	You may lose Mana Tide / Wrath of Air access.
Healer group	Mana Tide, Mana Spring and healer coordination improve personal resources.	Tree aura gives less raid value if tanks are elsewhere.
Caster group	Potential mana support and emergency coverage.	Usually lower value than tank group unless composition demands it.

Required raid support

Support	Value	Planning note
Kings + Gift/Mark + Fortitude	Stats, Spirit, health	Tree aura and healer survival scale.
Improved Divine Spirit	Spirit + healing	Not always available; do not build mana plan assuming it.
Mana Tide / Mana Spring	Scheduled regen	Only party-wide; confirm actual subgroup.
Shadow Protection	BT/Mother survival	Resistance set still follows raid target.
Innervate ownership	Large Spirit-based return	Assign self vs Arcane Mage before pull; avoid mid-fight negotiation.

Tree range

Stay close enough that the intended party receives the aura while remaining safely positioned. Track the aura on the tanks; do not assume group membership alone guarantees range during spread mechanics.

13 / MOUNT HYJAL

Heal the wave, then recover for the boss

Trash tests mana discipline and target triage more than stationary HPS.

Encounter	Restoration plan	Key failure to prevent
Trash waves	Roll active tanks; pre-HoT pickup targets; Rejuvenate assigned raid group; drink immediately between waves.	Spending boss mana on harmless wave damage.
Rage Winterchill	Pre-HoT Icebolt targets; move early from Death & Decay; maintain tank cycle while moving.	Finishing a cast inside ground damage.
Anetheron	Keep boss/infernal tanks covered; pre-HoT Carrion Swarm damage; recover around Sleep patterns.	Letting the secondary tank lose stacks during raid damage.
Kaz'rogal	Use efficient HoTs, potion early and avoid unnecessary mana expenditure.	Reaching zero mana and detonating from Mark mechanics.
Azgalor	Pre-HoT before silence windows; cover cleave/infernal assignments; hold Swiftmend for silence recovery.	Beginning the silence with no HoTs active.
Archimonde	Remove Curse on Grip assignment; pre-HoT Air Burst targets; exit Tree early for Doomfire movement.	Tree speed causing a mechanic death; forgetting Tears of the Goddess.

Wave resource protocol

Moment	Action	Reason
Spawn	Tank HoTs first; pre-HoT assigned pickup player.	Initial melee contact is the lethal window.
Stabilized	Use raid Rejuvenation only on real damage; downrank Regrowth if efficient.	Avoid overheal and preserve the next wave.
Final mobs	Let inactive Lifeblossoms bloom; stop expensive casts.	Convert the transition into mana recovery.
Wave end	Drink instantly; communicate if not full before boss.	Hyjal punishes late drinking and silent mana shortages.

Archimonde movement

Boar's Speed is not optional luxury here. Tree reduces movement speed by 20%; cancel form before a long reposition rather than losing the pull while protecting a mana-efficiency buff.

14 / BLACK TEMPLE

Pre-HoT the phase transition

BT rewards multi-target tank coverage, resistance discipline and precise movement.

Encounter	Assignment-first plan	Min-max detail
Naj'entus	Tank HoTs; pre-HoT raid before shield break; Swiftmend the lowest spike target.	Do not blanket so early that HoTs expire before the burst.
Supremus	Maintain tank coverage while moving; Rejuvenate targeted players.	Exit Tree before long movement; stay out of volcanoes.
Shade of Akama	HoT add tanks and raid pickup targets.	Spare globals can add Hurricane/Wrath only when healing is truly safe.
Teron Gorefiend	Stable tank cycle; pre-HoT predictable raid damage.	Ghost mechanic execution outranks healing meter uptime.
Gurtogg Bloodboil	Roll all active tanks; pre-HoT Bloodboil group and Fel Rage target.	This is a signature multi-target Restoration assignment.
Reliquary of Souls	Follow phase-specific healing; use assigned damage set in no-healing Phase 1 if roster calls for it.	Return to healing set at the safe phase boundary; verify combat-swap window.
Mother Shahrzaz	Equip SR set; pre-HoT Fatal Attraction players and maintain tank.	Movement and resistance floor before HPS.
Illidari Council	Sustain multiple tank HoTs; dispel/curse assignment by target.	Fixed target order prevents accidental stack loss.
Illidan	Roll boss and Flame tanks by phase; pre-HoT parasite/raid targets; save mana for long progression.	Phase transitions are where Lifebloom order changes.

Mother Shadow Resistance

Meet the raid's exact SR and health target, then optimize Healing Power and mana inside that set. Enchant Greater Shadow Resistance to the dedicated cloak and test movement/range before the pull.

Reliquary Phase 1

The aura prevents normal healing, so some raids have healers contribute damage. Prepare a cheap hit/spellpower weapon package and a clear return-to-healing reminder; never compromise the next phase to win Phase 1 damage.

15 / MACROS + UI

Mouseover healing, deliberate form exits

The interface must show stacks, seconds and assignment—not just green bars.

Mouseover Lifebloom

```
#showtooltip Lifebloom
/cast [@mouseover,help,nodead][] Lifebloom
```

Mouseover Swiftmend

```
#showtooltip Swiftmend
/cast [@mouseover,help,nodead][] Swiftmend
```

NS + Healing Touch

```
#showtooltip Nature's Swifttness
/cancelform
/cast Nature's Swifttness
/cast [@mouseover,help,nodead][] Healing Touch
```

Innervate mouseover/self

```
#showtooltip Innervate
/cast [@mouseover,help,nodead][@player] Innervate
```

Optional downrank

```
#showtooltip Regrowth(Rank 5)
/cast [@mouseover,help,nodead][] Regrowth(Rank 5)
```

UI module	Must show	Why
Raid frames	Incoming heals, curses/poisons, range, aggro	Triage and assigned dispels.
HoT tracker	Lifebloom stack + tenths of seconds per tank	Late refresh without dropped stacks.
Tank panel	Current target, role and swap state	Transition coverage.
Mana timeline	Potion, rune, Innervate and encounter end	Use resources early enough for full value.
Form / speed	Tree state and movement warning	Archimonde/Supremus survival.
Gear manager	4GCD, 5GCD, REGEN, SR and damage sets	Assignment-correct gear with visible confirmation.

Macro test
Spell ranks, form behavior and one-button NS interactions can differ with client restrictions. Test every macro on the Anniversary client and keep Healing Touch separately bound as a fallback.

16 / PERFORMANCE REVIEW

Useful healing beats raw HPS

Review the assignment window before judging a spell or gear set.

Question	Evidence	Fix
Did Lifebloom drop?	Stack uptime and refresh timestamp per assigned tank.	Adjust target order, haste buffer or late-refresh discipline.
Did I lose the seventh tick?	Tick timestamps versus refresh timing.	Refresh later without crossing your latency safety margin.
Was haste useful?	Extra global produced healing/utility before the cycle reset.	Return to 4-GCD set if the fifth global was empty or overheal.
Did mana limit output?	Mana at death/end, potion/rune/Innervate timings.	Move first use earlier or add only enough regen to finish.
Was Swiftmend efficient?	Target health, consumed HoT and effective heal.	Reserve for real spikes or expiring HoTs; reapply coverage.
Did movement kill uptime?	Out-of-range time, form state and mechanic path.	Exit Tree earlier; improve positioning and Boar's Speed use.
Did dispels happen?	Curse/poison duration and assigned owner.	Prioritize dangerous debuffs over low-value healing casts.

One-week action plan

Priority	Action	Done when
P0	Finish 0/0/61, enchants and Tree/mouseover bindings.	In-game inspection and target-dummy macro tests pass.
P0	Build 4GCD, 5GCD, REGEN, SR and MOVE sets.	Each set has written haste, healing, mana and resistance values.
P1	Reach stable 125+ haste package without losing assignment mana.	Logs show five globals with no dropped stacks.
P1	Plan potions, rune and Innervate from real kill length.	At least one raid completes with a small mana reserve.
P1	Create tank order and boss transition notes.	Every active tank receives coverage before lethal contact.
P2	Review one stack drop, one dispel and one movement loss each raid.	Next run has one measurable correction.

Final healer standard

Assigned tanks carry stable three-stack Lifeblooms; the equipped set matches the number of targets; mana cooldowns land early enough; Tree aura reaches the intended group; movement and dispels are clean; spare globals become useful raid healing, utility or damage.

17 / SOURCES + VERIFICATION

Current research, clickable references

The Phase 3 gear page was updated five days before this handbook date.

Reference	URL
Wowhead - Restoration Druid Phase 3 BiS (updated 16 Jul 2026)	Open source
Wowhead - Restoration Druid talents (updated 10 Feb 2026)	Open source
Wowhead - Restoration rotation and abilities	Open source
Wowhead - Restoration stats	Open source
Wowhead - Restoration buffs and consumables	Open source
Wowhead - Restoration gems and enchants	Open source
Icy Veins - Restoration Druid guide (updated 12 Jan 2026)	Open source
Icy Veins - Restoration talents	Open source
Icy Veins - Enchants and consumables	Open source

Icon index

Talent, ability, racial and class icons were mapped to exact TBC spell IDs through Wowhead tooltip data and spell pages, then downloaded from the Wowhead icon CDN. Every orange icon label links to its TBC Wowhead page.

 Lifebloom Wowhead spell 33763	 Rejuvenation Wowhead spell 26982	 Regrowth Wowhead spell 26980
 Swiftmend Wowhead spell 18562	 Tree of Life Wowhead spell 33891	 Nature's Swifttness Wowhead spell 17116

Verification note
Recheck live tooltips, exact raid resistance targets, macro behavior and group assignments after Anniversary hotfixes. A haste number is not proof of a stable cycle—your own latency and logs are the final test.

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