**How to View/Retrieve E-mail Internet Headers - Outlook 2003**

Right-click on the message in the folder view, then choose **Options**.



This will bring up the Properties dialog with the Internet headers located at the bottom:



**How to View/Retrieve E-mail Internet Headers - Outlook 2007**

Open the e-mail message in its own window (by double-clicking on the message).

Go to **Options** > **Info** for the message:

**Message** **Options** > **Internet headers**:

**How to View/Retrieve E-mail Internet Headers - Outlook 2010**

Open the e-mail message in its own window (by double-clicking on the message).

Go to **File** > **Info** for the message:



In the right-hand pane, click on the Properties button.

 

This will bring up the Properties dialog with the Internet headers located at the bottom:

