



COSMETIC AND MASSAGE TREATMENTS

A WORLD OF HOLISTIC WELL-BEING

The ONO Spa on the 11th floor of The Mandala Hotel at Potsdamer Platz is a symbol for privacy and aesthetics. Through an orientation towards the individual needs of its guests, it provides lasting relaxation and energy. A haven for the senses has been created, covering 600 m² with a breathtaking view over Berlin – a place of holistic well-being and inner peace. With an innovative approach, the ONO Spa is aimed at people who live life to the fullest, value individuality and privacy and desire to achieve a maximum level of relaxation and fitness in a short period of time.

CONSULTATION

GIVING

RELAXATION

TOGETHERNESS

VITALISATION

EXPRESS

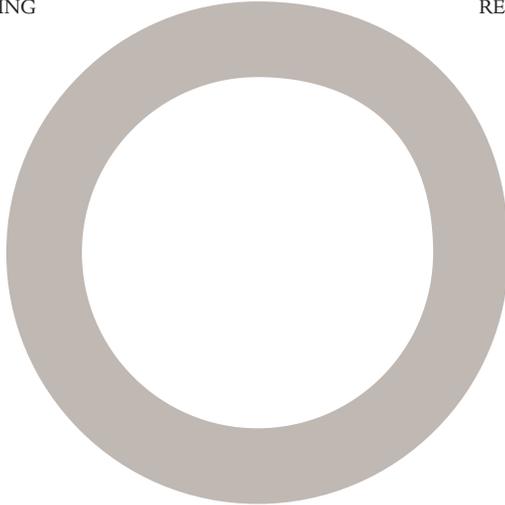
BEAUTY

DETOX

LUXURY

CLEANSING

INSPIRATION



CONSULTATION

It is of great importance to us to get to know your individual needs. It is only by doing this that our qualified ONO Spa staff are able to offer you treatments and products perfectly suited to you and ensure a long-lasting result. We are therefore happy to take the time to carry out a consultation with you before each visit during which we will answer your questions and offer our recommendations.



MASSAGE CONSULTATION

COSMETIC CONSULTATION

SPA CONSULTATION

FITNESS CONSULTATION

NUTRITIONAL ADVICE

PRODUCT RECOMMENDATIONS

RELAXATION

Free yourself from stress and strain of everyday life with a balanced choice of harmonising treatments and find your way back to you and your inner balance.

HOT STONE MASSAGE

— 90 min, for the body, 150 Euro

This massage is an alternation between warm stones and gentle massage sequences. Deeply activating warmth loosens muscular blockades and harmonizes the energy center. Precious aroma oils soothen the mind and stimulate mental balance.

AROMA BALANCE MASSAGE

— 60/90 min, for the body, 100/150 Euro

This treatment is a gentle full body massage to release muscular tension. Aromatic oils are chosen to stimulate the senses, sooth the mind and open the heart allowing you to let go of the daily routine and get back to inner balance.

ALPHASPHERE BED

— 25 min, for the body, 30 Euro

With a combination of sounds, blue light and warmth getting back to inner peace and balance in a short period of time. Through the relaxing within the alpha stage, a high psychological serenity and increased mental performance is reached.

LOMI LOMI NUI MASSAGE

— 90 min, for the body, 150 Euro

A Hawaiian temple massage serving as a physical, emotional, mental and spiritual cleansing. Lomi means "to press, to knead, to rub". The use of precious oils and the variation from gentle to firm strokes ensures a deep relaxation and frees the soul.

INDIAN HEAD MASSAGE

— 30/60 min, for the body, 55/110 Euro

Open a direct approach to the energy system with this intense oil massage. It will loosen up deep tensions and emotional blockades. The blood and cerebral fluid circulation will be stimulated, leaving a holistic well-being and mental clarity.

PHARMOS NATUR GREEN LUXURY ANTI-STRESS-TREATMENT

— 75 min, for body and face, 120 Euro

A holistic treatment of different parts of the body with a focus on the face. Deeply relaxing massage sequences and precious oils relax the body and clear the mind, setting free new energies of inner power and vitality.

VITALISATION

Stimulate and invigorate your body and soul with this specially compiled offer that will energize you.

TRADITIONAL THAI YOGA MASSAGE

— *60/90 min, for the body, 125/190 Euro*

With origins in Asian yoga philosophies this technique stimulates the meridians running through the palm of your hand, elbows and feet. The massage has a relaxing and vitalising effect, relieves tension and promotes the flexibility of your entire body.

SHIATSU MASSAGE

— *60/90 Min, for the body, 120/180 Euro*

Body, soul and mind are harmonized through gentle touch, precisely applied pressure and stretching to achieve bodily balance.

FOOT REFLEXOLOGY MASSAGE

— *60 min, for the body, 100 Euro*

Soothing warm compresses prepare for the treatment. Reflex zones are massaged and stimulated in order to obtain a holistic effect on your body's metabolism and organs, releasing blocked energy within the body.

HERBAL STAMP MASSAGE

— *90 min, for the body, 150 Euro*

An Asian massage method during which tension and blockades are released with heated herbal stamps. The massage stimulates your entire body and activates the cells. Exotic scented oils nourish and regenerate the skin.

PHARMOS NATUR GREEN LUXURY MENS TREATMENT

— *60/90 min, for the body, 100/160 Euro*

Attractive, well-groomed, deeply relaxed and full of energy - the treatment is perfectly matched to every man's desire: releasing of tensions and immediate treatment effects on the skin. The focus is exactly on the places where stress and fatigue accumulate.

VITALISATION

Allow us to refresh your senses and reveal your inner glow.

PHARMOS NATUR GREEN LUXURY INVIGORATING FACE TREATMENT

— 30 min, for the face, 60 Euro

A vitalising treatment with pure botanical agents, moisturising and smoothing the skin. The skin will be cleansed, exfoliated and massaged with a facial serum as well as a fresh cut Aloe Vera leaf. In a very short period of time, you will be refilled with new energy.

DERMALOGICA REVITALISING COCOON TREATMENT

— 60 min, for the face, 95 Euro

The gentle cleansing and warming fruit acid exfoliant refines pores and balances skin tones. After the special exfoliation the skin is able to absorb highly concentrated agents. A pampering massage with a cell-building vitamin mask regenerates and deeply moisturises your face.

CLASSIC MASSAGE

— 60/90 min, for the body, 90/135 Euro

Stimulate blood flow, loosen muscular tension, soothe nerves and joints, increase metabolism and achieve general well-being.

HEAD AND NECK MASSAGE

— 30 min, for the body, 50 Euro

Relieve tension and stress to promote energy flow and bring yourself to an optimum state of concentration.

ACTIVE SPORT MASSAGE

— 60/90 min, for the body, 100/150 Euro

Not just for athletes, this pleasant, regenerating, deep pressure massage mobilises the entire muscular system while providing injury preventative effects by easing stress and tension in the joints.

JET LAG REVIVAL MASSAGE

— 60 min, for the body, 90 Euro

Refresh heavy, tired legs and restore blood circulation with cool compresses and a soothing drainage massage. A relaxing head and neck massage relieves tension and loosens the muscles.

BEAUTY

Savour the soothing atmosphere of our treatment suites by leaving the outside world behind and focusing entirely on your beauty.



**PHARMOS NATUR GREEN
LUXURY JOY FOR LIFE**

— *90 min, for body and face, 160 Euro*

Through the application of natural precious agents and the fresh cut Aloe Vera leaf, the skin will be deeply moisturised leaving it radiant and beautiful. For an experience of pure vitality and a relaxed body, the treatment will be rounded off with a neck and foot massage.

MAX AND ME „I AM THE LIGHT“

— *90/120 min, for the face, 160/190 Euro*

Enjoy a deep cleansing ritual both on a physical and subtle level, dissolving blockages and activating the circulation of fluids and of the Qi. Then experience beautiful facial massages, addressing acupressure points, the chakras and finishing off with meridian massages which allow your skin tone and your circulation to improve. Your complexion will emerge petal soft and radiant as never before.

**PHARMOS NATUR GREEN LUXURY
SENSORIAL VARIATIONS**

— *60 min, for body and face, 110 Euro*

A gentle full body massage followed by a sensual face treatment with pure botanical agents. Different techniques and stimulating oils will harmonise the body and leave a feeling of peace through the power of natural plants.

**PHARMOS NATUR GREEN
LUXURY ANTI AGING**

— *90 min, for the face, 160 Euro*

Naturally reduce wrinkles, strengthen connective tissue, and hydrate the skin with a unique cell repairing complex consisting of botanical hyaluronic acid, Avellana and Aloe Vera. Notice an immediately visible effect with long lasting impact with this highly rejuvenating treatment.

MAX AND ME „HEALING HANDS“

— *30/45 min, for the body, 70/90 Euro*

This wonderful hand massage harnesses the healing vibrations of the max and me oil blends to work on the energy centers of the hands, addresses any imbalances in the body, dissolves blockages and encourages the free flow of the Qi.

BEAUTY

The professional expertise and understanding of our qualified ONO Spa staff will bring your inner and outer beauty into harmony.



**DERMALOGICA
MOISTURISING CURE**

— 90 min, for the face, 140 Euro

A healing and soothing face treatment during which the skin is nourished with important minerals, vitamins and trace elements. Regeneration of cells will be boosted and circulation of the skin is stimulated.

DERMALOGICA ULTRA CALMING

— 60 min, for the face, 95 Euro

The use of a combination of calming agents completely hydrates and brings a natural balance back to sensitive skin while relieving redness.

HYAPUR SERUM FACIAL

— 30 min, for the face, 60 Euro

A moisturizing effect for the skin in a short time. With the help of highly concentrated crystal clear hyaluron and finest silver particles the skin will be smooth, taut and soft. The refreshing effect will be aimed with a moistened feeling and with more elasticity of the skin.

**DERMALOGICA
ANTI-AGING LIFT COMFORT**

— 90 min, for the face, 150 Euro

A pampering treatment for demanding skin. After a gentle cleansing and a warming fruit acid exfoliation the skin will be treated with essential nutrients. An uplifting massage increases microcirculation and accelerates the natural repair function of the skin. Agents will be massaged gently into the skin to provide elasticity and firmness. This treatment leaves you with a relaxed and youthful glow.

BODY EXPERIENCE

— 60 min, for the body, 90 Euro

Gentle removal of excessive skin cells with a special enzymatic scrub. Includes a massage with a nourishing body balm and regenerating oils. Provides the skin with precious agents leaving a smooth and hydrated skin.

BEAUTY

Whether it is for a particular reason or simply to be pampered – let us fulfil your personal wishes.

EXTRAS FOR THE FACE

- Eyelash tinting — *15 min, 15 Euro*
- Eyebrow tinting — *15 min, 15 Euro*
- Eyebrow shaping — *15 min, 15 Euro*
- Eyebrow design & tinting — *30 min, 25 Euro*

MAKE-UP

- Day make up — *35 min, 60 Euro*
- Evening make up — *45 min, 80 Euro*
- Wedding make up — *120 min, 200 Euro*
- Express Make Up — *15 min, 30 Euro*

EXPRESS

- Nail polish — *30 min, 15 Euro*
- Express manicure without nail polish — *30 min, 45 Euro*
- Express pedicure without nail polish — *45 min, 60 Euro*
- French polish — *30 min, 25 Euro*
- Gel polish with nail care — *60 min, 85 Euro*

WAXING

- Upper lip — *15 Euro*
- Underarms — *20 Euro*
- Full leg — *85 Euro*
- Upper leg — *40 Euro*
- Lower leg — *45 Euro*
- Back — *40 Euro*
- Chest — *35 Euro*

All shown treatments can also
be bookd by men.

LUXURY

A very special type of pampering. With these exclusive treatments we offer you unique experiences full of care, relaxation and enjoyment. Take the time to enjoy this most exquisite form of well-being.

**PHARMOS NATUR GREEN LUXURY
ROHINI**

— 90 min, for body and face, 190 Euro

Rohini – The Secret of the Goddesses. Sensual moments of indulgence for the body and soul with a unique facial ritual combined with sumptuous plants from the fountain of youth from the ends of the Earth. Deep regeneration and lasting moisture floods the cells, bringing touchable vitality and an immediately visible radiance.

TRADITIONAL THAI YOGA MASSAGE

— 60/90 min, for the body, 125/190 Euro

With origins in Asian yoga philosophies this technique stimulates the meridians running through the palm of your hand, elbows and feet. The massage has a relaxing and vitalising effect, relieves tension and promotes the flexibility of your entire body.

SPA MANICURE

— 45 min, for the hands, 70 Euro

— 75 min, with polish, 85 Euro

Luxury for your hands. After a relaxing hand soak including a gentle scrub, nails will be shaped and the cuticle treated. A regenerating mask provides demanding skin with essential nutrients and a hand and lower arm massage releases tension and unwinds tired muscles.

SPA PEDICURE

— 60 min, for the feet, 70 Euro

— 90 min, with polish, 85 Euro

The pampering spa pedicure starts with a soothing foot soak including a gentle scrub. The nails will be trimmed and shaped. A relaxing massage and nurturing hydrating masque creates a feeling of lightness and gives fresh energy back to tired feet.

BABY BOOM

— 90 min, for body and face, 135 Euro

The perfect pampering programme for the expectant mother. A head, neck and arm treatment followed by a luxury facial treatment. Afterwards, if you wish, we will apply a subtle day make up and you will receive a refreshing vitamin shake at the ONO Lounge.

LUXURY

These special treatments are exclusively created by the
ONO Spa. Take a voyage to discover your senses and let go
of the everyday.

AMAZING MANDALA

— *180 min, for body and face, 290 Euro*

A holistic experience for the entire body. After a stimulating full body scrub and a soothing massage with precious oils and a nourishing body balm the skin will be deeply rehydrated and smooth. A luxurious facial according to the needs of the skin harmonises the mind and rejuvenates the complexion. This unique treatment is complemented with a manicure or pedicure. It leaves behind a perfect feeling of inner balance and tranquillity.

MAX AND ME „ELFIN JOURNEY“

— *70/90 min, for the body, 125/165 Euro*

Enjoy a harmonious combination of delightful massages - eliminating toxins, stimulating circulation and muscle/skin tone- sublime energy techniques, beautiful vibrational work, healing rituals and sound. Disharmonies will be balanced, blockages dissolved - your subtle body will be refined and the graceful beauty will shine throughout your body, mind and soul. This is reflected in all of the bodily organs, as well as the skin which will begin to glow - seductive and soft as velvet.

IYASHI DÔME DELUXE

— *150 min, for the body, 180 Euro*

Through a soft body scrub the connective tissue is stimulated and excess skin cells are removed. The following deep detox session in the Iyashi Dôme warms the body from inside and releases toxins. A lymphatic based massage with high-quality honey oil supports the cleansing process of the body and nourishes the skin, leaving a noticeable feeling of ease, inner balance and velvety skin.

SENSORY ONO SPA JOURNEY

— *90 min, for body and face, 220 Euro*

An indulgent signature treatment with two therapists performing a unique choreographed facial and body massage at the same time. Experience a luxurious ritual, a stress relieving head and face treatment and a gentle aroma body massage. All the senses will be deeply touched, the feeling for time and space will disappear so the mind can rest.

INSPIRATION

Immerse yourself in a world full of inspirational sensory experiences. For a moment forget your sense of time and space and return to a state of mental well-being.

SHIATSU MASSAGE

— 60/90 min, for the body, 120/180 Euro

Body, soul and mind are harmonized through gentle touch, precisely applied pressure and stretching to achieve bodily balance.

ALPHASPHERE BED

— 25 min, for the body, 30 Euro

Find back to inner peace and balance in a short period of time with a combination of sounds, blue light and warmth. Achieve a high psychic serenity and improve your mental performance through a relaxing journey to the alpha stage.

INDIAN HEAD MASSAGE

— 30/60 min, for the body, 55/110 Euro

This intense oil massage opens a direct approach to the energy system. It will loosen up deep tensions and emotional blockades. The circulation of blood will be stimulated, leaving a holistic well-being and mental clarity.

SINGING BOWL MASSAGE

— 60/90 min, for the body, 90/135 Euro

This style of massage of Asian origin from India and the Himalajas brings you to a deep, spiritual alpha state of relaxation to help reduce stress and promote a balanced body, mind and soul.

CLEANSING

With these special facial treatments we focus particularly on the intensive care and cleansing of your skin and fill you with a feeling of vitality and smoothness. Feel good in your own skin.

DERMALOGICA CLASSIC INTENSIVE

— 60 min, for the face, 95 Euro

This facial is personalized to the needs of the skin. With warm compresses, soft cleansing and intensive effective products the skin will be nourished and deeply hydrated. Leaves your skin feeling pure and fresh.

NATURAL SCRUB MASSAGE

— 90 min, for the body, 150 Euro

A full body scrub will leave a velvety skin and prepares you for the upcoming massage with precious nourishing oils. A soothing massage technique with fitting aroma leads to deep relaxation, revitalises and hydrates the skin.

FULL BODY SCRUB

— 45 min, for the body, 60 Euro

The full body scrub removes excess skin cells. With relaxing massage movements, a nourishing body balm will be applied to the skin.

DERMALOGICA

DEEP CLEANSING FACIAL

— 60 min, for the face, 100 Euro

With intensive care products designed for blemished and oily skin, your skin is deeply cleansed, clarified and brought back into balance.

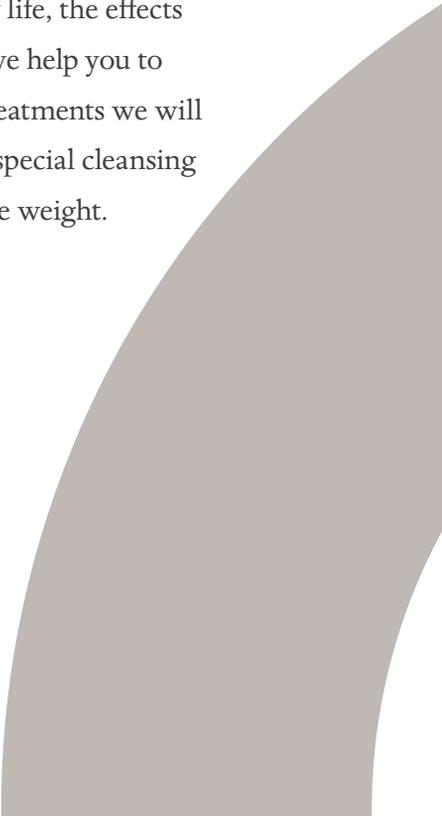
PHARMOS NATUR GREEN LUXURY DEEP CLEANSING FACIAL

— 60 Min, for the face, 95 Euro

Through the use of botanical agents the skin will be cleansed thoroughly, exfoliated and prepared for an intensive deep cleansing. The following massage with a fresh cut of Aloe Vera Leaf soothes the skin immediately and relieves redness and clarifies the skin.

DETOX

Your body reflects the rigours of everyday life, the effects of the environment and your nutrition - we help you to counteract this. With our special detox treatments we will free your body of unhealthy toxins. This special cleansing will also lift your mood and help to reduce weight.



HONEY DETOX MASSAGE

— 60 min, for the body, 100 Euro

This effective purifying massage flushes out toxins from the connective tissue and joints while organ functions are harmonized and strengthened using the reflex zones in your back. The honey massage helps to re-establish and strengthen the body's natural detoxifying powers.

PHARMOS NATUR GREEN LUXURY BODY DETOX

— 60/90 min, for the body, 100/150 Euro

Through personalized body styling, this unique detox activates the lymphatic system and strengthens connective tissue using special botanical oils. The metabolism is stimulated and cellulite is visibly reduced.

IYASHI DÔME BED

— 30 min, for the body, 65 Euro

By heating the organs, tissue, muscles and skin in a deeply detoxifying infrared dome, an intensive perspiration of the body occurs and toxins are released resulting in a healing effect. The metabolism will be stimulated, immune system strengthened, the form shaped, muscles and joints are relaxed allowing the body to regenerate and rejuvenate.

EXPRESS

Make sure not to forget about yourself in the mad rush of modern life. Our quick treatments will recharge you with lost energy and bring you back into shape quickly.

HEAD AND NECK MASSAGE

— 30 min, for the body, 50 Euro

Relieve tension and stress to promote energy flow and bring yourself to an optimum state for concentration.

CLASSIC MASSAGE

— 30 min, for the body, 50 Euro

This treatment stimulates blood flow, loosens muscular tensions, activates the metabolism and soothes nerves and joints. Leads to a general well-being.

ALPHA SPHERE BED

— 25 min, for the body, 30 Euro

Find back to inner peace and balance in a short period of time with a combination of sounds, blue light and warmth. Achieve a high psychic serenity and improve your mental performance through a relaxing journey to the alpha stage.

iLifeSOMM BED

— 12/24 min, for the body, 20/40 Euro

Seven proven therapeutic methods (magnet-resonance, vibration, sound, tone, music, massage and relaxation) combined in one unique system. The iLifeSOMM bed was developed to help reduce the stress of the daily routine, regenerate the body and most importantly to help the body overcome energy blockades.

EXPRESS

Perfectly suited for your tight schedule.



ACTIVE SPORT MASSAGE

— 30 min, for the body, 55 Euro

Not just for athletes, this pleasant, regenerating, deep pressure massage mobilises the entire muscular system while providing injury preventative effects by easing stress and tension from the joints.

FOOT REFLEXOLOGY MASSAGE

— 30 min, for the body, 50 Euro

Soothing warm compresses prepare for the treatment. Reflex zones are massaged and stimulated in order to obtain a holistic effect on the body's metabolism and organs, releasing blocked energy within the body.

JET LAG REVIVAL MASSAGE

— 30 min, for the body, 50 Euro

Refresh heavy, tired legs and restore circulation with cool compresses and a soothing drainage massage. A relaxing head and neck massage relieves tension and loosens the muscles.

DERMALOGICA EXPRESS FACIAL

— 30 Min, for the face, 50 Euro

This express treatment for the face is personalized to the needs of the skin. After gentle cleansing and exfoliation, the skin cells will be provided with moisture through a combination of a highly concentrated serum and a regenerating masque. To finish, a relaxing face massage leaves the skin radiant and hydrated.

TOGETHERNESS

Let yourself be spoiled and enjoy a time out together. With your partner or the best friend we give you space and time to relax. Luxuriate and enjoy a time-out for two.

PAIR MASSAGE

— 60/90 Min, for the body, 200/300 Euro

A pampering full body massage performed by two therapists in one special treatment room. The well-fragranced aromatic oils sooth the mind and harmonise the soul. The personalized massage technique loosens up tensions and energetic blockages.

RELAXING MOMENTS FOR TWO

— 90 min, massage training for couples, 190 Euro

Feel what your partner needs by learning the art of a pampering massage together in a relaxing atmosphere. A personal therapist shows you how to give special moments of relaxation to your partner. Enjoy time together away from the daily routine.

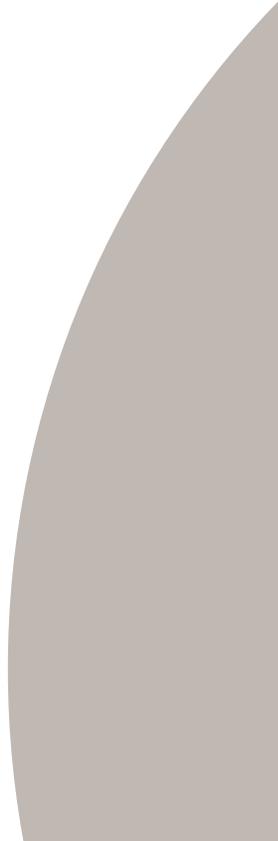
PAIR FITNESS WITH A TRAINER

— 30/60 min, for the body, 45/90 Euro

Individual training workouts for cross and fitness training with a personal training plan. Strength training, conditioning and fitness for improved performance in all areas.

TOGETHERNESS

Luxuriate together and enjoy a time-out for two.



**“EXECUTIVE” SPA SUITE
3 HRS FOR 2 PEOPLE**

— up to 3 hours, 480 Euro

Massage treatment (60 min) in a spacious Executive Suite (60 m2). Champagne, Strawberries and chocolate for 2 served in the suite. Parking is included.

**DAY SPA – 4 HRS
FOR 2 PEOPLE**

— up to 4 hours, 140 Euro

Guests are welcomed with a personal consultation for a day of luxurious relaxation. Use of the fitness lounge, spa area, “Via Sensus” foot reflexology path, plus free use of the AlphaSphere Bed, the Iyashi Dôme and the iLife SOMM. A fresh fruit salad is served in the ONO Lounge. Garage parking is included.

**“EXECUTIVE” SPA SUITE
6 HRS FOR TWO PEOPLE**

— up to 6 hrs, 660 Euro

Massage treatment (90 min), a bottle of champagne or wine, strawberries and chocolate, a light lunch in the suite including non-alcoholic drinks. Garage parking is included.

**DAY SPA – 8 HRS
FOR 2 PEOPLE**

— up to 8 hours, 260 Euro

Guests are welcomed with a personal consultation for a day of luxurious relaxation. Use of the fitness lounge, spa area, “Via Sensus” foot reflexology path, plus free use of the AlphaSphere Bed, the Iyashi Dôme, and the iLifeSOMM. A fresh fruit salad is served in the ONO Lounge, a head-neck-back-massage (30 min), a meal in the QIU Lounge at the end of the day, including non-alcoholic drink. Garage parking is included.



Discover our specialised Day Spa Programmes in the silver section of this menu.

GIVING

Whether you want to treat your loved ones or even yourself: cosmetic products and carefully selected lifestyle products as well as bathrobes and towels are available in high quality gift packaging at the ONO Spa reception. We also offer individual gift vouchers for all of our Day Spa offers, treatments and facilities.


PHARMOS NATUR®
GREEN LUXURY

THE POWER OF SELECT PLANTS TO REBALANCE, DETOXYFY AND REGENERATE

dermalogica®

MEDICAL SKINCARE WITH HIGHLY CONCENTRATED AGENTS ON BIOLOGICAL BASIS


hyapur
BERLIN

COSMETIC LINE BASED ON PURE HYALURONIC ACID

FABY

NAILCARECOSMETIC FROM THE ELEMENTS OF NATURE

jane iredale
BEAUTY WITH BRILLIANCE™

MINERAL MAKE UP ON A NATURALLY BASIS

B a o b a b

COLLECTION

LUXURIOUS ROOM FRAGRANCES

Maxamline
a love story beyond beauty

HARMONISING OILS FOR BODY AND SOUL



DAY SPA · MULTIPLE TICKETS · MEMBERSHIP

ADDRESS

ONO SPA AT THE MANDALA HOTEL

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Potsdamer Straße 3
10785 Berlin
FON +49 (0)30 590 05 11 00
FAX +49 (0)30 590 05 11 11
welcome@onospa.de
www.onospa.de

UNDERGROUND PARKING

Access at Potsdamer Platz via Ludwig-Beck-Strasse, Signposting in underground parking THE MANDALA.

PRICES

All prices in EUR incl. VAT.
We reserve the right to change our prices.
Status as of November 2017

OPENING HOURS

DAY SPA, COSMETICS AND MESSAGES

Monday to Saturday 10 a.m. – 10 p.m.
Sunday 10 a.m. – 8 p.m.

FITNESS LOUNGE

Monday to Sunday
24 hours (for hotel guests)

CANCELLATION POLICY

The reserved treatments are specially booked for you. We kindly ask you to make any cancellation at least 24 hours in advance. Please understand that we may charge up to 100% in case of cancellation less than 24 hours in advance. Tardiness may result in shorter treatment times.