A Hydrotherapy bath can help provide relief to trigger point pain centers. A custom designed Hydro Massage bath will allow the water jets to massage the areas where you need relief. The nervous system is the link that connects to every part of the body and is responsible for many health conditions. When nerve impulses are working properly, the result is improved immune defenses, better sleep and pain reduction. By increasing blood flow to specific regions it may also increase oxygen and nutrient levels as well.