



LEREDD LIGHT THERAPY

LED LIGHT THERAPY

What is LED Light Therapy?

Photobiomodulation, also known as PBM or red-light therapy, uses carefully selected red and near-infrared wavelengths of light.

It is a non-invasive treatment experience delivered comfortably to the skin, with no needles and generally no downtime.

At LEREDD, each session is tailored around your goals, treatment area and individual suitability.

The science, simply

Your cells contain mitochondria, which help produce cellular energy. Researchers are studying how selected light wavelengths interact with cells and may support biological processes involved in skin function, recovery and comfort.

The right wavelength, dose and treatment plan matter—and individual responses vary.

Red + near-infrared light



Absorbed by cellular photoacceptors



Supports mitochondrial signalling



May support ATP production



Helps regulate cellular oxidative signalling

Photobiomodulation: red and near-infrared light can influence mitochondrial activity and cellular signalling.



LEREDD LIGHT THERAPY

BENTLEIGH, MELBOURNE

Begin your LEREDD experience

Explore tailored LED light therapy, recovery and skin-focused services.

Discover LEREDD



Scan to view treatments, prices and availability.

Your New Beginning

LED light therapy is a non-invasive wellness and skin-support service. It may complement an individual's broader self-care or clinician-guided plan. Individual responses vary. LEREDD services are not intended to diagnose, treat, cure or prevent disease and do not replace advice, diagnosis or treatment from a qualified medical, dental, nutritional or allied-health professional.

99 Brewer Road, Bentleigh VIC

www.leredd.com

LED LIGHT THERAPY • RECOVERY • SKIN • WELLBEING



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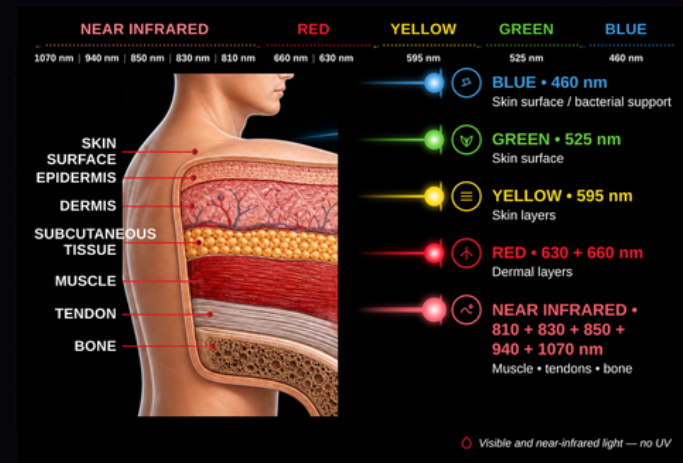
BENTLEIGH, MELBOURNE

LED Light Therapy

Photobiomodulation (PBM)

Non-invasive red and near-infrared light sessions for skin, recovery, comfort, sleep and everyday wellbeing.

Relax. Recharge. Recover.



Tailored support for recovery • skin • pain • fatigue • sleep • menopause wellbeing

Scan to explore treatments and book

99 BREWER ROAD, BENTLEIGH



LEREDD LIGHT THERAPY

TAILORED CARE

Support for the goals that matter to you

Clients commonly visit LEREDD to explore light-therapy support as part of their wider wellbeing, skin and recovery plan.

- Comfort, mobility and recovery around areas of pain or stiffness
- Post-exercise recovery and training-related fatigue
- Healthy inflammatory-response and general body-comfort goals
- Skin repair, wound-recovery goals and post-procedure skin care, where appropriate
- Healthier sleep routines, relaxation and daily-energy goals
- Skin health, healthy ageing and a refreshed-looking complexion
- Wellbeing support during menopause or perimenopause
- Oral-wellness and oral-microbiome goals alongside dental care
- A healthy lifestyle, movement and nutrition plan for weight-management goals

Your personalised consultation

We discuss your goals, health history, current care and treatment suitability before your session. LED light therapy may complement a broader self-care or clinician-guided plan. If symptoms persist, worsen or change unexpectedly, talk to your healthcare professional.



LEREDD LIGHT THERAPY

TREATMENTS

Our Services

Full-Body LED Light Therapy

Whole-body red and near-infrared light for wellbeing, relaxation, recovery and daily-energy goals.

Recovery Light Therapy

Targeted sessions to complement movement, exercise, comfort and muscular-recovery routines.

Pain, Comfort & Inflammation Support

Non-invasive light therapy for clients seeking support for body comfort, mobility and recovery goals.

Skin, Wound-Recovery & Post-Procedure Support

Targeted protocols to complement skin-health, repair and post-treatment care plans where appropriate.

Sleep, Stress & Menopause Wellbeing

Calm sessions to complement relaxation, healthy sleep routines and wellbeing during life-stage transitions.

Oral Wellness Support

Targeted light-therapy discussions for oral-wellness goals, alongside regular dental care.

Weight-Management Wellness Support

A restorative service designed to complement healthy nutrition, activity, sleep and lifestyle habits.

Red-Light Compression Boots

A recovery experience combining compression and red-light technology.

Lymphatic Facial Therapy

A gentle facial service focused on relaxation and a refreshed appearance.

Microneedling (CIT) & Revive + Glow Facial

Skin-focused treatments with consultation, LED integration and aftercare guidance.



LEREDD LIGHT THERAPY

YOUR VISIT

What to expect

Before your appointment

Little preparation is usually required. Where practical, arrive with clean skin and wear comfortable clothing that allows the treatment area to be easily accessed.

During your session

Most LED light therapy sessions take approximately 20–30 minutes. You can relax while the light is positioned over the selected treatment area.

Many clients find the experience calm and gently warming, while others feel very little sensation.

After your session

There is generally no downtime, and most clients return to their usual daily activities straight away.

Your treatment plan

Some people choose a series of sessions based on their goals. Your practitioner can recommend an appropriate plan after discussing your needs and response to treatment.

Results, if experienced, vary between individuals.



Yuliyana

Head Phototherapist