



Tamra Bedford, Cosmetic RN Highlights Collagen Induction Therapy for San Ramon and Tri-Valley Patients

October 08, 2026

SAN RAMON, CA - October 08, 2026 -

Tamra Bedford, Cosmetic RN, a registered nurse with more than 20 years in medical aesthetics, is drawing attention to how medical-grade microneedling differs from at-home devices, noting that professional treatment uses sterile, single-use cartridges and reaches skin depths that home derma rollers cannot.

Tamra Bedford, Cosmetic RN provides medical-grade microneedling (collagen induction therapy) for patients in San Ramon, Danville and across the Tri-Valley. The treatment uses a medical-grade device fitted with sterile, single-use cartridges and surgical-steel needles that create microscopic channels, prompting the skin to produce new collagen and elastin. Needle depth is adjusted for each zone of the face, roughly 0.5 to 2.5 millimeters, with deeper settings used for acne scars and deep wrinkles and shallower settings for fine lines, sun damage and texture.

The distinction between clinical and consumer microneedling is central to the practice. Professional

microneedling reaches depths that at-home derma rollers cannot, a difference that explains why the two methods address skin concerns differently.

"Microneedling at a medical level is not the same as rolling a device across the skin at home," said Tamra Bedford, RN. "The depth is adjusted zone by zone, the cartridges are sterile and single-use, and the goal is natural-looking results that develop over time rather than anything dramatic or artificial."

A typical session begins with a topical numbing cream applied for 20 to 30 minutes. A full-face treatment takes roughly 30 to 45 minutes, and redness typically fades within 24 to 48 hours. Results build over 4 to 6 weeks, and most patients see their best outcome after a series of 3 to 6 sessions spaced about 4 weeks apart. The treatment is used to address acne scars, fine lines and wrinkles, enlarged pores, uneven skin tone and rough texture.

Tamra Bedford personally performs every treatment herself, from the first visit to the last, and patients are never handed off to an assistant or another provider.

"Patients see the same person at every appointment, which matters when precision and consistency are part of the outcome," said Tamra Bedford, RN. "Starting and finishing each treatment personally is how the work stays consistent from one session to the next."

The practice serves patients from across the Tri-Valley, including San Ramon, Danville, Pleasanton, Dublin, Alamo, Blackhawk and Walnut Creek. Patients can be seen at two locations: Tamra Bedford, Cosmetic RN, 160 Sunset Dr, Suite 110, San Ramon, California 94583, tamrabadford.com, and at Blackhawk Plastic Surgery and MedSpa, 3600 Blackhawk Plaza Circle, Danville, California. Both locations serve patients from across the region.

Tamra Bedford, Cosmetic RN is a medical spa in San Ramon, California, owned and operated by a registered nurse who specializes in cosmetic procedures. Beyond Tamra Bedford microneedling in San Ramon, the practice offers medical-grade skincare services that include laser hair removal, Botox and Dysport, laser pore reduction and skin rejuvenation, lip and facial volume treatments with Restylane, chemical peels, IPL and brown spot removal, and rosacea treatments. The practice is associated with Dr. Stephen Ronan, MD FACS, and Blackhawk Plastic Surgery and MedSpa.

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For more information about Tamra Bedford, Cosmetic RN, contact the company here: Tamra Bedford, Cosmetic RNTamra Bedfordhello@tamrabadford.com160 Sunset Dr, Suite 110, San Ramon, CA 94583

Tamra Bedford, Cosmetic RN

Tamra Bedford, Cosmetic RN: Over 20 years of expertise in personalized aesthetic treatments like laser hair removal and microneedling in San Ramon, CA.

Website: <https://www.tamrabedford.com/>

Email: hello@tamrabedford.com

