Tamra Bedford, Cosmetic RN Highlights Advanced Laser Hair Removal Technology in San Ramon

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SAN RAMON, CA - June 16, 2026 -
Tamra Bedford, Cosmetic RN, a medical spa in San Ramon, California, is drawing attention to its specialized laser hair removal services utilizing the Cutera CoolGlide Laser system. The practice emphasizes the technology's effectiveness across all skin types and its long-lasting results that can prevent hair regrowth for four to five years.

The medical spa, led by registered nurse Tamra Bedford, offers the advanced laser treatment as part of its comprehensive suite of cosmetic services. The CoolGlide Laser technology distinguishes itself through its ability to treat all skin types, including tanned skin, while providing a more comfortable experience compared to traditional laser systems.

"The advancement in laser technology has transformed how we approach hair removal treatments," said Tamra Bedford, owner and Cosmetic RN at the practice. "The CoolGlide system delivers effective results with minimal discomfort and can work safely on all skin types. This means we can help a broader range of clients achieve their aesthetic goals."

The laser hair removal process works by targeting and destroying hair follicles, which prevents regrowth for extended periods. Most patients achieve optimal results after five to seven treatment sessions, though individual results may vary based on personal body chemistry and hair characteristics. The treatment represents a significant time and cost savings compared to traditional hair removal methods that require constant maintenance.

Beyond laser hair removal, the San Ramon medical spa provides an extensive range of medical-grade skincare treatments. These services include medical microneedling for collagen stimulation, Botox and Dysport injections for wrinkle reduction, laser pore reduction and skin rejuvenation treatments, lip enhancement procedures, dermal fillers for facial volume restoration, chemical peels, IPL therapy for brown spot removal, and specialized rosacea treatments.

The practice maintains its commitment to providing professional, nurse-led cosmetic services in a medical setting. This approach ensures that patients receive treatments backed by medical expertise and safety protocols. The spa's association with Dr. Stephen Ronan's physician-owned medical spa and Blackhawk Plastic Surgery further reinforces its medical foundation.

As demand for non-invasive cosmetic procedures continues to grow in the San Francisco Bay Area, nurse-led practices like this one are meeting the need for accessible, professional aesthetic treatments. The combination of advanced technology and medical expertise can be a resource for those seeking long-term solutions to unwanted hair growth.

Tamra Bedford, Cosmetic RN operates as a specialized medical spa focusing on laser treatments and injectable services. The practice combines registered nursing expertise with advanced cosmetic technology to deliver a range of aesthetic treatments. Located in San Ramon, California, the spa serves clients throughout the East Bay region seeking professional, medically supervised cosmetic procedures.
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For more information about Tamra Bedford, Cosmetic RN, contact the company here:Tamra Bedford, Cosmetic RNTamra Bedfordhello@tamrabedford.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

