



NEWS RELEASE

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WALES BOSS RYAN GIGGS REVEALS HE HAD A HAIR TRANSPLANT, WHY HE KEPT IT UNDER WRAPS AND WHY HE'S NOW HAPPY TO TALK ABOUT IT

- United legend had hair transplant in 2017 but used 'laser and meds' from 2009
- Ryan learned he was losing his hair from pals who watched his games on TV
- The wing wizard became "paranoid" and cut off his curls to hide his thinning hair
- He believes the stresses of playing top level football accelerated his hair loss
- 'MHR' partner says attitudes have changed and he's now happy to talk about it

Watch Ryan's full, candid interview about his hair loss and the hair treatments he used to restore his crown <https://www.mhrclinic.uk/index.php?view=giggs>

MHR Clinic partner Ryan Giggs has revealed he had a hair transplant and the reasons he initially kept his hair surgery and treatments under wraps.

The Wales manager began taking hair loss medicines and underwent regular laser therapy, to restore his thinning hair at the end of his playing career.

Then, as he moved into football management and media punditry, the Manchester United legend opted to "boost" his treatments with a 1500 follicle transplant to give his hair "a bit more of a push".

He told MHR Clinic: "It was something I felt could help me. Confidence-wise, it was to make me look better."

Ryan opened up about having a hair transplant, laser therapy and hair loss medicines in an interview with MHR Clinic, the hair transplant business he owns with former England cricket captain Michael Vaughan and hair restoration expert Craig Henton.

He recalled the moment he realised he was losing a hair as "a bit of a shock".

The winger had just scored two goals against arch-rivals Liverpool on a rain-soaked afternoon in November 2003.





He said: “We won the game and obviously I was buzzing because I’d scored two goals against Liverpool at Anfield.

“After the game I got dropped off to meet my mates. I walked into the pub and I was expecting to hear ‘well done’ and all I got was, ‘flipping heck, your barnet is going isn’t it?’

“And it was a bit of a shock. It was like, ‘cheers lads’. It was one of them.”

The 46-year-old explained he started to stew over his thinning hair. He told MHR Clinic: “I got a little bit paranoid really, especially when I knew I was going to be playing on the TV or it was going to rain.

“If it was raining I would think, ‘I could really do without that’. I was praying for a game when it wasn’t raining.

“I was almost 30 then. At the end of my teens and in my early 20s I had really thick hair, long hair, curls.

“That’s why I started to cut it a little bit shorter. With longer hair, when you’re thinning a little it just looks worse. It made people more aware of it.

“So that’s when I felt the shorter my hair was, the thicker it looked. That had a big bearing on, over the years, my hair getting shorter and shorter.”

And Ryan believes the pressures of playing at football’s highest level could have accelerated his hair loss.

He explained: “Football is stressful. You put yourself under pressure. Early in my career I was just playing football, but then you start to think about it. You’re aware of the consequences if you lose a game or you don’t play well. Playing football for United, it was a stressful sort of job, a job I would never change.

“But you are under the spotlight and if you have a bad game you’re aware of the criticism. Then it becomes a little bit more stressful.

“And stress is related to hair loss. People go through stressful times and it does affect your hair.”

Concerned by his thinning locks, he turned to hair restoration expert and pal Craig Henton who prescribed him DHT-blocking medicines, minoxidil serums and shampoos for his scalp, before booking him in for fortnightly laser therapy sessions at a nearby clinic.

Ryan followed the his treatment programme for eight years. Then, in January 2017, he decided to have a hair transplant through Henton’s new business venture MHR Clinic, but kept the results of his surgery under wraps.

“I was really happy with the non-invasive treatments I’d had,” he said. “But I felt they needed a little bit of a push. It was something I felt could help me. Confidence-wise, it was to make me look better.





“Not suddenly having people talk about it was important to me,” he admitted. “I wanted to be as quiet as possible about it.

“When you have surgery a lot more people know about it. They’re going to see it because you have to have your hair cut really short, down to more or less a ‘zero’ for the surgeons to get the hair out as best they can and replant it. So, yeah, I was paranoid about who was going to see that.

“It was all about keeping a low profile really, staying in the house, wearing a cap if you did go out and in no time it was back to normal.

“It’s not all of a sudden you’ve got a big head of hair. It happened gradually so I wasn’t getting too many comments from people.

“People may have wondered if I’d had something done. There was a week when it was really noticeable but after that it was back to normal,” he told MHR Clinic.

“I told friends and family. People’s reactions to it were better than expected. People might take the mick or have a joke, but none of that really happened.

“It was more inquisitive really about what you had to do and when you would get the final results.

“Regarding my teammates, like any other job you work with people but it doesn’t mean you tell them everything. This is the first time my former teammates will be hearing about it.”

Ryan later became a partner in MHR Clinic after Henton invited him to buy into the business.

He explained: “I trusted Craig. He was hungry to make it work. His knowledge in the industry is second to none. For me it was just a no-brainer. It was an industry which is booming. I had someone I could trust and so far it has gone really well. I think it’s on that upward curve really where I think more and more people are going to have the procedure.”

Referee Mark Clattenburg, Dancing On Ice star Ryan Sidebottom and BBC weatherman Simon King have since had hair transplants at Giggs’ MHR Clinic. The business also treats Hollyoaks actor Adam Rickitt’s hair loss with regular low level laser therapy and medicines.

Ryan chose to reveal his treatments to help break down stigma around men’s hair treatments.

He explained to MHR’s team: “I didn’t want to talk about it while I was playing. You have enough pressures as a footballer, worrying about the game, worrying about your performance.

“If you’re a private person it can be stressful too, because you didn’t grow up wanting to be in the public eye. You grew up wanting to play football. But because you’re in the public eye, you’re getting older in the public eye. There’s always those pictures and that footage of you with longer, thicker, fuller hair.





He admitted: “There’s still a sort of stigma out there about having treatment for men. The last ten or 20 years it has got better and it is still improving.

“It used to be just women who had procedures to make themselves feel more confident but now I think it is becoming more and more the same with men.

“Women get their hair done, their nails done, eyebrows done every week. It’s just what has happened over time, while men only got their hair cut. Men now do other things.

“It’s becoming more and more popular. I think people are understanding hair treatments a lot more. Fifteen years ago that wasn’t there and people were judging you a lot more than they do now.”

Ryan’s former Manchester United teammate Wayne Rooney was the first high profile footballer to go public about having a hair transplant. The footballer posted photos online after his surgery in 2011.

Ryan, who was playing alongside the striker at the time, recalled: “Wayne was very brave in being so open about it when he had it done. He is very high profile, one of the first high profile people to have it done and he had it done while he was still playing.

“It all depends on the character of the person and how comfortable you are in telling everyone.

“In Wayne’s case people knew and that was it. I chose to be a little quieter about it.” But Ryan also explained why he has become more relaxed when talking about his hair transplant and treatments.

He continued: “There’s more acceptance around it now. The stigma is going more and more. “You’ll still have the men’s men who’ll never get anything done and want to say, ‘you’re not a real man’. Of course you’ll still have that bit of society.

“But there is also a growing interest out there among men to make themselves feel better and look better.

“I’m really happy with it. The only negative I have is I didn’t do it earlier.”

ENDS





Additional Notes

MHR Clinic

MHR Clinic is a world-leading hair transplant clinic that offers advanced surgical procedures, medical treatments and supplementary therapies to achieve unparalleled, natural hair restoration results for men and women. It is owned by its CEO Craig Henton, Ryan Giggs OBE and Michael Vaughan OBE. Based in Knutsford, Cheshire – with a new clinic opening soon in the Harrogate area of North Yorkshire – its specialists have more than 40 years of combined clinical experience and expertise. Its bespoke hair renewal programmes pair breakthrough transplant procedures with measured amounts of low level laser therapy, prescribed medication and herbal remedies. Its state-of-the-art clinics offer the latest hair assessment, transplant and growth technology in private, exclusive and relaxing surroundings. MHR Clinic's comprehensive approach to total hair restoration ensures outstanding results that look natural, stay healthy and keep clients feeling young and confident.

FUE Hair Transplants

FUE involves the extraction of individual follicular units containing 1 to 4 hairs under local anaesthetic. The surgeon then uses very small micro blades or fine needles to puncture the sites for receiving the grafts, placing them in a predetermined density and pattern, and angling the wounds in a consistent fashion to promote a realistic hair pattern. FUE takes place in a single long session or multiple small sessions. FUE can give very natural results.

Low Level Laser Therapy

Low level laser therapy is a safe, effective and affordable treatment proven to restore hair growth, enhance hair quality and alleviate medical conditions such as psoriasis, dermatitis and scalp scaling. It delivers a light spectrum that boosts blood circulation and protein production in the scalp and keratin content in hair by up to 30 percent. Patients typically undergo a minimum of two 30-minute laser therapy sessions each month in conjunction with prescription medicines, supplementary therapies and surgical procedures where necessary.

Notes to Editors

MHR Clinic requests media outlets, where appropriate, ensure print representations of this news release contain suitable reference to MHR Clinic and digital representations of this news release also contain links to MHR Clinic's website , www.mhrclinic.uk and its <https://www.mhrclinic.uk/index.php?view=giggs> endorsement page. For an interview opportunity with MHR Clinic director Craig Henton, please contact **Jonathan Stones** on **07460 644844**. For further information about MHR Clinic visit www.mhrclinic.uk

