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SOAP STAR ADAM RICKITT OPENS UP ABOUT HIS HAIR LOSS, HIS FEARS IT WILL HARM HIS ACTING CAREER AND THE MEDICAL TREATMENTS THAT ARE RESTORING HIS HAIR AND CONFIDENCE

- Actor Rickitt wants to prolong his career and play a variety of roles
- The former teen idol fears he could have been bald within ten years
- He turned to old pal Ryan Giggs to help him with his hair loss
- The soap star takes hair loss medication and has hours of laser treatment every month
- His treatments have restored his confidence in front of the camera

HOLLYOAKS star Adam Rickitt has revealed he is undergoing medical treatment to stave off hair loss, fearing it could harm his acting career.

The soap star once famed for his trademark blond locks is working with a team of hair loss consultants at Ryan Giggs' MHR Clinic to tackle his thinning pate and keep him in work.

Rickitt, who is currently enjoying a new chapter in his career playing Hollyoaks' scheming Kyle Kelly, told staff at MHR Clinic: "The thing that worried me most about losing my hair was my career. I could see it might limit the roles I would get. The amount of people you see on TV with no hair isn't that much.

"I've always operated in that slightly more commercial area of TV and film. And at the end of the day it is important what you look like. And for me particularly is it a kind of yoke to bear.

"I've been doing this for 21 years now. I'm too long in the tooth to do anything else. I don't want to be hanging around for roles like the 80-year-old innkeeper. I want to be doing what I've always done, which are the lead roles.

"Having the hair treatment is a really critical part of prolonging the longevity of my career. It makes me available for a variety of roles. There's more options there by having a full head of hair."

The 40-year-old also revealed to MHR Clinic he briefly considered shaving off his hair or wearing a wig in future roles, but admitted: "I'm not Bruce Willis. Bruce Willis has the best shaped head in the world. You shave his head he looks like a god, you shave mine and I look like a conker that's been dropped from the top of a tree. You can wear a wig or a toupee when you're playing a character, but only really if you're a hugely famous actor like Sean Connery and everybody knows what you look like."

Instead, the actor undergoes a 40-minute laser therapy session at MHR Clinic every week, to stimulate his follicles into growth. He also takes hair loss wonder drug finasteride to halt any further shedding of





his hair. And he rubs a prescription dose of testosterone-blocking minoxidil lotion into his hair twice a day, takes zinc supplements and an herbal cocktail of milk thistle and saw palmetto every night.

The little-known medical programme for hair loss comes at a fraction of the cost of modern FUE surgery and has given the Hollyoaks star a thick thatch of hair within six months.

Adam added: "It has given me a lot more confidence. I wasn't a quivering mess but certainly before I began the treatment I would look at photos of myself and be concerned because I could see my thinning hair. I would prepare myself to not do the same angle to camera again. Or try to do something else. The fact is I don't have to worry about that anymore. I have no problem now having my head shaved or doing a full head shot to camera when I've got wet hair. Those moments on set or when I'm watching something back are the moments when I most appreciate having a full head of hair again.

"From a personal point of view it makes me happier too. I've got used to it. I've had it all my life. I don't want that suddenly to go. I'm as insecure as the next person. And what I really like is it hasn't been this big dramatic before and after. It's not the same as having a hair transplant where you have a very evident bald patch and suddenly you don't.

"For me, because I work in TV, it would be an issue because you can't suddenly go from X to Y with no explanation in between. The medical and laser treatments aren't a drastic change. They're a process of six months in which every single day it is getting better and better."

The actor discovered his hair loss when he shaved his head for a TV role, and then scorched his scalp on a trip to Italy. "I went and sunbathed as I always do," he explained. "I do a flop and drop holiday. I literally go and sit on the beach and read. I got back and I was a little bit red on my arms, a little bit red on my face. And I thought, 'that's fine'. I got in the shower and it was literally like Armageddon had taken root on my head. It was incredibly painful. And for the rest of the holiday I was putting sun tan lotion on my head."

He described the moment as "a bit of a kick in the guts" but admitted: "If I'd left it, it probably would've ended up going bald or very thin. In five or ten years there would have been a drastic difference."

After contacting several clinics, Rickitt chose Cheshire-based MHR Clinic, part-owned by sporting legends Michael Vaughan OBE and Ryan Giggs OBE (with whom Adam was a regular on Manchester's social scene in the 90s).

"I had mentally prepared myself to have a hair transplant and pay 20 grand," he said. "I was being told, 'you need a £25K hair transplant', 'you need a £10K hair transplant', and 'you need a £30K hair transplant'. Hand on heart I probably would have had it done. But MHR Clinic was the only one to offer me something else. This is a far more cost-effective and natural way of restoring my hair. It is a maintenance thing."

But when asked by 'MHR' if it meant we'd see the return of his long blond 'curtains', Rickitt insisted: "I don't think the long blond curtains will come back. To be honest they were the bugbear of my life for far too long and I hated them then. I enjoy having my cropped hair now because I have grown to like it."

MHR Clinic director Craig Henton said: "Adam was told by several other clinics that a hair transplant was his only option but that wasn't true. His hair has come back to an excellent density and condition in just six months of regular laser therapy combined with medication.





“Low level laser therapy is proven to stimulate growth and promote the thickening of hair when used regularly as part of an ongoing medical plan. The treatment won’t work for a patient whose follicles have already died. But where follicles are found to still be alive, and Adam’s were, it can bring severely thinning hair back to a thick and full state.”

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.

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. Undertaken in cold laser light chairs, 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 20-minute laser therapy sessions each month in conjunction with prescription medicines, supplementary therapies and surgical procedures where necessary.

Finasteride

Finasteride is a prescription medication for men suffering from mild to moderate hair loss. It reduces the effect of DHT (Dihydrotestosterone) on the scalp’s follicles, stimulating them to recover their normal growth cycle by arresting further hair loss and allowing the strengthening and thickening of every hair shaft. It has few if no side effects and works most efficiently when combined with low level laser and supplementary therapies.

Minoxidil

Minoxidil is prescribed in higher doses to men and women suffering mild to moderate hair loss. Applied topically as a lotion or foam, it widens the scalp’s blood vessels, allowing more oxygen, blood and nutrients to each hair follicle. It has few if no side effects, halts hair loss and stimulates strong regrowth in patients who use it indefinitely while combining it with low level laser and supplementary therapies.

Notes to Editors

PLEASE ENSURE PRINT REPRESENTATIONS OF THIS NEWS RELEASE CONTAIN SUITABLE REFERENCE TO MHR CLINIC. PLEASE ENSURE DIGITAL REPRESENTATIONS OF THIS NEWS RELEASE CONTAIN ‘DO-FOLLOW’ LINKS TO MHR CLINIC’S WEBSITE, www.mhrclinic.co.uk.

For additional quotes or 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.co.uk 

