# Harry Styles sparks micro gym shorts revival as summer 2025 fashion embraces playful retro flair



With the arrival of summer 2025, fashion enthusiasts are already witnessing the emergence of sizzling trends that promise to define the season. A particularly striking instance occurred recently when Harry Styles was spotted in London wearing eye-catching red gym shorts, signalling not just a seasonal wardrobe shift but perhaps the broader revival of a retro trend. Styles matched his vibrant shorts with a classic black crewneck sweater and quirky accessories, including a vintage purple beer hat and a David Hockney-themed tote bag, capturing the whimsical spirit of contemporary fashion.

The micro gym short has gained considerable traction in recent years, becoming a favourite among male celebrities during their off-duty hours. Styles' fashion choice is mirrored by Paul Mescal, another notable advocate of the style. Commentary from Vogue contributor Raven Smith highlights the allure such shorts create, akin to the appeal of feminine silhouettes, suggesting that male thighs can evoke a blend of seduction and innocence. This intricately woven narrative fuels curiosity: Will the trend gain traction among other major stars like Austin Butler, A$AP Rocky, and Pedro Pascal? The allure continues to grow, leaving many wondering if these shorts will soon grace red carpets as well as casual outings.

As Styles embraces this bold aesthetic, fashion runways around the world are showcasing a diverse range of styles for the summer. At Paris Men's Fashion Week, Hermes presented a collection brimming with light, functional designs made from natural materials like canvas and crepe cotton. The focus on breezy silhouettes like pleated Bermuda shorts and muted colour palettes points to a shift towards comfort and practicality, which contrasts distinctly with Styles' head-turning, playful ensemble. Alongside this, other fashion reports suggest an overarching move towards romantic and bohemian aesthetics characterised by soft silhouettes, floral details, and delicate fabrics. This emphasis on fluidity invites an interesting contrast against the more structured pieces seen at shows like Hermes'.

Fashion in 2025 seems to be on the cusp of a significant evolution, balancing between nostalgic elements and contemporary innovations. Not only are micro gym shorts making a strong return, but there’s a noticeable resurgence of pastels and sheer materials that flaunt both femininity and ease. While Instagram feeds remain flooded with bold styles and celebrity outings, it's clear that the narrative around summer fashion is multifaceted, bringing with it an enticing blend of glamour, practicality, and playful expression. As we move deeper into the season, the question lingers: Can the trend initiated by Styles and Mescal elevate the male fashion narrative, and will we see a broader adoption among peers in the celebrity world?

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.vogue.com/article/harry-styles-gym-shorts-summer), [[2]](https://www.vogue.com/article/harry-styles-gym-shorts-summer)
* Paragraph 2 – [[1]](https://www.vogue.com/article/harry-styles-gym-shorts-summer), [[2]](https://www.vogue.com/article/harry-styles-gym-shorts-summer), [[4]](https://www.reuters.com/lifestyle/hermes-shows-breezy-summer-styles-men-paris-runway-2024-06-22/)
* Paragraph 3 – [[3]](https://www.whowhatwear.com/fashion/summer/romantic-clothing-details-summer-2025-trend), [[4]](https://www.reuters.com/lifestyle/hermes-shows-breezy-summer-styles-men-paris-runway-2024-06-22/)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.vogue.com/article/harry-styles-gym-shorts-summer> - Please view link - unable to able to access data
2. <https://www.vogue.com/article/harry-styles-gym-shorts-summer> - Harry Styles was spotted in London wearing red gym shorts, marking the start of summer 2025. He paired them with a black crewneck sweater, a vintage purple beer hat, a David Hockney-themed tote bag, and mustard-yellow Prada sneakers. The micro gym short has become a celebrity off-duty staple, with Paul Mescal also frequently seen in similar attire. The article questions whether other A-list celebrities like Austin Butler, A$AP Rocky, and Pedro Pascal will adopt this trend.
3. <https://www.whowhatwear.com/fashion/summer/romantic-clothing-details-summer-2025-trend> - The summer 2025 fashion trend embraces a romantic and ethereal aesthetic, shifting away from minimalist styles toward softer, more feminine details. This season's trend is defined by delicate layering, fluid silhouettes, and pretty embellishments that bring freshness to classic romantic elements. Key details include lace, white hair scarves, sheer fabrics, soft florals, and rosette accents. These features are seamlessly integrated into casual, wearable outfits, such as lace camis paired with denim, sheer skirts layered over basics, and floral dresses in pastel tones. Accessories like embroidered white scarves tied in the hair enhance the gentle, editorial look that defines this style. The trend encourages easy integration into existing wardrobes with simple additions such as a floral-patterned dress or rosette-adorned shoes. The romantic fashion wave feels modern and effortless, ideal for warmer weather and seasonal occasions, allowing wearers to achieve an 'undone yet polished' look throughout the summer. ([whowhatwear.com](https://www.whowhatwear.com/fashion/summer/romantic-clothing-details-summer-2025-trend?utm_source=openai))
4. <https://www.reuters.com/lifestyle/hermes-shows-breezy-summer-styles-men-paris-runway-2024-06-22/> - At Paris Men's Fashion Week, French label Hermes unveiled its summer 2025 collection featuring light, breezy styles. The collection, designed by Veronique Nichanian, emphasized natural materials such as canvas and crepe cotton twill. Models showcased pleated Bermuda shorts, muted pastels, cinched parkas, and minimal patterns while donning leather sandals with criss-crossed straps. Accessories included denim canvas bags and a calfskin version of the roomy Bolide model. This year's fashion week occurs amid slowing demand in the luxury sector, particularly in China, with consumers gravitating towards more discreet styles. The event also featured collections from renowned LVMH-owned labels such as Louis Vuitton and Dior, concluding on Sunday ahead of Haute Couture week. ([reuters.com](https://www.reuters.com/lifestyle/hermes-shows-breezy-summer-styles-men-paris-runway-2024-06-22/?utm_source=openai))
5. <https://www.whowhatwear.com/easy-summer-hairstyles> - Celebrity hairstylists have revealed the top ten trending hairstyles for summer 2025, promising chic and practical options to beat the heat without sacrificing style. The French bob tops the list, with its jaw-length, Parisian elegance, followed by the edgy wolf cut characterized by shaggy, layered styles. Mermaid waves continue to be popular for their soft, textured appearance, and goddess braids offer a protective yet ethereal option with loose, curly tendrils. Accessories also play a major role, including mixed metal hair cuffs to elevate ponytails, and statement headbands to add flair to any outfit. '80s-inspired voluminous hair and tousled imperfect plaits bring texture and nostalgia, while the classic ‘90s supermodel blowout adds drama and body. Finally, floating decals and hair jewelry are an easy way to add whimsy to any look. Each hairstyle is paired with stylist-recommended products and tips to help achieve the look, reflecting the season’s emphasis on effortless glamour and expressive styling. ([whowhatwear.com](https://www.whowhatwear.com/easy-summer-hairstyles?utm_source=openai))
6. <https://www.emmahickman.com/style/fashion-trend-predictions-for-2025-the-styles-youll-be-seeing-everywhere> - The bohemian aesthetic is making a return, but it’s less 2010s music festival and more Parisian ease. Isabel Marant is leading the way with floaty blouses, embroidered details, and slouchy boots that scream effortless cool. I also have a strong feeling that the Chloé Spring/Summer 2025 collection will set the tone for this trend. Expect flowy dresses, earthy tones, and a softer take on the boho vibe we all remember. Suede is making a major comeback, and I’m all for it. Isabel Marant’s runway show was filled with suede, from boots to fringe accents. Whether it’s a tailored suede blazer, knee-high boots, or an oversized tote, this luxe texture instantly elevates any look. For those embracing the boho revival, a suede fringe jacket is the perfect statement piece. Sheer is having a moment, and I’ve already started seeing sheer everywhere. We saw it float down the Stella McCartney and Chanel runways, proving that transparency can be both bold and effortlessly elegant. There’s something undeniably chic yet daring about layering sheer fabrics over solid pieces—think a sheer dress with a structured bodice or a sheer blouse that offers a peek at a delicate bralette. Whether you opt for subtle hints of transparency or embrace full-on ethereal vibes, this is one trend that’s easy to make your own. Pastels are proving they’re not just for spring. Chanel and Chloé’s spring summer 2024/2025 collections showcased a stunning array of muted oranges, soft blues, buttery yellows, and pinks—all hues that are already making their way into fall and winter wardrobes. What I love most is how pastels bring a fresh twist to monochrome dressing. Mixing different shades of a single pastel color feels modern, yet playful—perfect for the season ahead. Polka dots are making a major comeback, but this time, they’re taking a more elevated, high-fashion approach. The Carolina Herrera runway was a celebration of the pattern, featuring exaggerated dot sizes, sheer polka dot fabrics, and even layered dot-on-dot prints. It’s a playful yet sophisticated way to add personality to your look without going over the top. 2025 is shaping up to be a year of contrasts—structured tailoring meets soft draping, bold belts meet boho ease, and pastels coexist with sheer, sultry fabrics. Which trend are you most excited about? Personally, I’ll be embracing sheer skirts and belted blazers all year long. ([emmahickman.com](https://www.emmahickman.com/style/fashion-trend-predictions-for-2025-the-styles-youll-be-seeing-everywhere?utm_source=openai))
7. <https://www.garmentseducations.com/2024/11/13/summer-2025-fashion-trends-2/> - Summer 2025 fashion trends include bold colours, sheer layers, oversized silhouettes, retro revival, and tech-enhanced textiles. Bold colours are making a statement, with vibrant hues dominating the season. Sheer fabrics and strategically placed cut-outs bring a fresh, flirty vibe to summer wear, perfect for embracing warm weather in style. Oversized silhouettes are making a strong statement, with loose shirts, flowing dresses, and wide-leg pants offering comfort and style. Retro aesthetics from the ’90s and early 2000s are continuing their comeback, with low-rise jeans, cargo pants, mini skirts, and cropped tops making a splash. Technology and sustainability are shaping fabrics in 2025, with tech-inspired textiles and eco-friendly materials at the forefront. ([garmentseducations.com](https://www.garmentseducations.com/2024/11/13/summer-2025-fashion-trends-2/?utm_source=openai))