

FEBRUARY 2025

THE

**EDIT**

**Celebration**

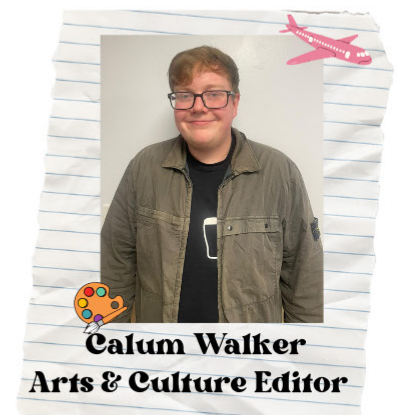
**15<sup>th</sup>**

**Anniversary**

**Edition**



# MEET THE TEAM



# CONTENTS

## News & Features

**p6-7 Should children be using social media?**

## Music

**p8 Everyone Says Hi - Album Review**

**p9 King Tut's New year revolution**

**p10-11 Roadrunner Album Review**

**p12-13 From punk to pop**

## Entertainment & Technology

**p14-15 Best Picture picks**

**p16 Is AI a threat or a tool for the future of creatives?**

**p17 How TikTok has transformed music discovery  
and reshaped the industry**

## Fashion & Beauty

**p18-19 The resurgence of Euphoria style make-up**

**p20-21 Fashion Editors Do's and Don'ts**

# EDITORS NOTES

Some words from our editors so celebrate The Edit's  
15th Anniversary

My time as editor-in-chief of The Edit taught me about leadership and responsibility, and also led me to friends for life. It was the greatest honour and opportunity.

- Rachel Lou Gibson: 4 time star award winner and previous editor-in-chief



Serving as editor-in-chief of The Edit has gave me essential skills that I can take into furthering my career and brought me even better friends which has made my time at GCU so special. - Paul Brady: 2 time star award winner and current editor-in-chief

The Edit has given me the chance to express myself and talk about issues I think are important. Being an editor has been such a great opportunity - Eidane Montgomery Star Award Nominee and Deputy Editor





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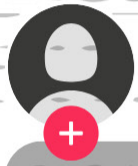
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# Should children be



By Steven Saunders

Australia has recently approved a bill that will ban social media use for children under sixteen. The ban will take approximately a year to come into effect and will empower the government to fine companies over £25 million if they do not comply with the restriction. This is not the first instance of attempting to ban or restrict children's access to social media; however, it is a significant development. And, more importantly, what does it mean for us here in Scotland?

The highest minimum age proposed for such a restriction is sixteen years old, and there are no exceptions planned for those who currently have an account or for users with parental consent. All this makes the Australian ban significantly more restrictive than other forms of social media regulation.

The relevance of this for us in Scotland is that both the UK and Scottish governments have demonstrated an interest in following in Australia's footsteps, with the First Minister of Scotland John Swinney stating that there was a "strong argument" for supporting such a ban. However, as online regulation of this nature is a reserved power, it falls to the UK government to determine if and how such a ban would be implemented. To that effect, Peter Kyle, the Secretary of State for Science, Innovation and Technology, amidst arguing for a more active strategy targeting harmful behaviours online has indicated that following Australia's example is a possibility, depending on what evidence emerges. In the week following, Kyle has stated that such a ban was "not on the cards at the moment". None-the-less, the discussion raises some important ques-

tions about how we as a society interact with this media, and to what extent this access is harmful, and implores us to ask: do the proponents of this ban have a point?

We cannot hide from the fact that social media is addictive, by any definition of that word. New York Times reporter Max Fisher points out that by tying positive affirmations to notifications, social media outlets condition users to consistently over engage with them, effectively hooking users on the dopamine rush of the affirmations. Furthermore, this addiction is by social design, as former Facebook President Sean Parker acknowledged: "We need to give you a little dopamine hit ...and that's going to get you to contribute more content ...because you're exploiting a vulnerability in human psychology." Innovations such as the "like" button and infinite scrolling were acknowledged by some of their creators to be particularly habit forming. The co-inventor of the "like button" Leah Pearlman herself noted that she had become addicted to the feedback while Mr Raskin, innovator of infinite scrolling pointed out that by providing a constant stream of content, users did not have the time needed for their brains to think about their actions and log off.

In addition to its addictive effects, social media is also associated with several other negative mental health outcomes. Psychologist Nicholas Kardaras points out that social media overuse is associated with depression, suicide, poor sleep and grades, and even suicide.



# using social media?

These are generally attributed to making false or otherwise unhealthy social comparisons by looking at other people who seem to be to living better and more fulfilled lives.

Due to both the addictive qualities and other psychological harms behind social media, children and teenagers are believed to be at unique risk due as their brain development during this time is highly dependent on social experiences, which is one reason many parents feel concerned enough to call for a ban on the technology. While many might feel that a total ban on social media sites is an unreasonably harsh restriction, parents point out that the accessibility of social media places an impossible choice to both parents and children; engage with the technology, or face social isolation, making it practically impossible to safeguard their children's health in the modern age.

With all these harms attributed to social media, why are so many teenagers, researchers and parents against an outright ban? Well, the first reason is that many fear a ban will simply be ignored, and children will bypass the safeguards and train themselves to ignore warnings related to social media more than they already do. This would only make it even harder to communicate how to have healthy relationships with technology.

Assuming children are unable to circumvent the ban, this would still generate several new problems. Most prominently, the ability of many to reach out to their loved ones would be significantly hindered, particularly those who are long distance. Such technology allows for a potentially greater degree of social connectedness than may otherwise be accessible

to many.

In addition, social media can be used to create an outlet for self-expression and self-exploration which is particularly important for social minorities who may feel their immediate physical environment is not receptive to this self-expression. LGBTQ individuals will often use social media as a way to explore, understand and validate such identities amongst each other without fear of exposure or judgement. Some members of the LGBTQ community will absolutely require social media to connect with people like them safely, and this is especially important for developing adolescents.

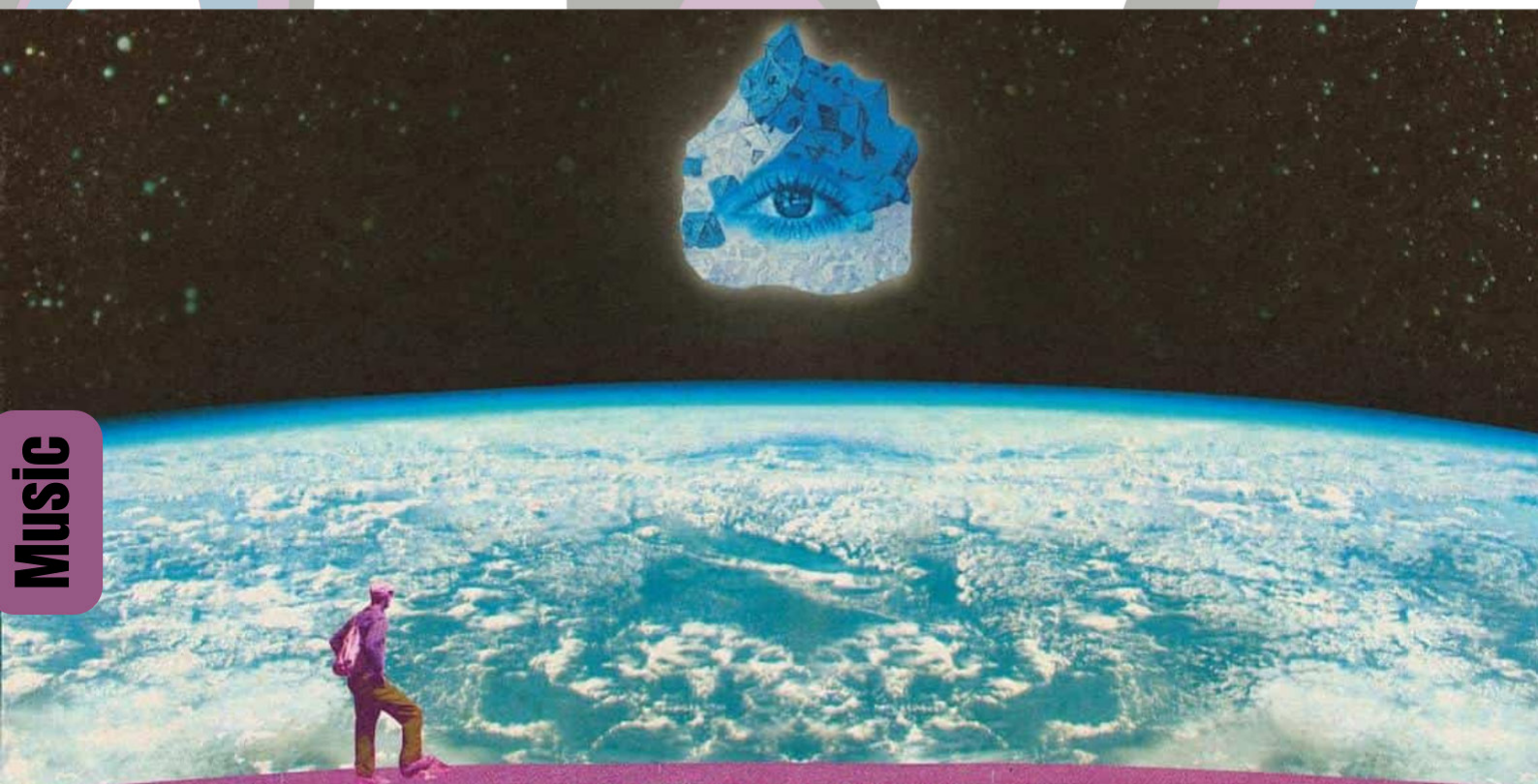
There are also more practical benefits to consider. Social media is a key source of information and networking in the adult world, and developing competencies using this technology will be an important part of growing up going forward, whatever restrictions are in place formally.

It seems exceedingly unlikely that the protections introduced in the UK will be anything like the Australian ban set to be imposed within the year, but it is vital that the government monitor and regulate the behaviour of the companies disseminating this technology. Children are clearly exceptionally vulnerable to online harm, but much of this harm is the result of actively designing social media platforms in exploitative ways that encourage misuse. Targeting this behaviour, rather than the behaviour of users trying to navigate an increasingly complicated social world is, in my opinion, the only way forward.



# Everyone Says Hi - Album Review

Music



By Kevin Maguire

Indie music is in a very funny place at the moment. Bands like Fontaines D.C are pushing sounds further than ever looking to offer new ground for the genre, while bands like Blossoms are finding new ways to make music fun again. But amidst it all, there's a little light that will take you back to the good old days. The Las, The Bluetones, Shed Seven, you can find traces of them all in Everyone Says Hi's debut self-titled album.

Opening with Somebody Somewhere, Everyone Says Hi make you well aware they know how to write a hook. It bounces between melancholic minor key verses and its chorus which is in major but happens to have even more devastating lyrics. A wonderful exercise in lyrical dissonance.

This continues through the album with a few tracks but to break it up is Brain Freeze, a very space age track with grand synths and a brilliant little electric guitar break. What's clear from it is that Everyone Says Hi know how to take

you on a ride through different emotional states. They're not stuck on one sensation. They'll grab you and take you on a ride.

That's echoed by the album's cover art, which features psychedelic space imagery, with planets, floating eyes and lunar crop fields. It's like an invitation to go back and experience a world of old. A world with Flaming Lips and New Radicals. It's such an eye-catching cover that will look brilliant in whatever crate or shelf you keep your records in.

And if you're not collecting records yet, Everyone Says Hi is a great place to start.

It's no surprise that the band have such a complete and wonderfully influenced sound as it's made up of former members of groups like The Kaiser Chiefs and The Kooks, so that sound is ingrained

in its DNA. But to come together so succinctly and create such an easy listen with no frills is quite the achievement.



Credit: Stewart Baxter



# KING TUT'S NEW YEAR REVOLUTION

By Jamie Shovelin

2025 marks the 25th anniversary of the New Year Revolution festival hosted by the iconic Glasgow institution King Tut's Wah-Wah Hut.

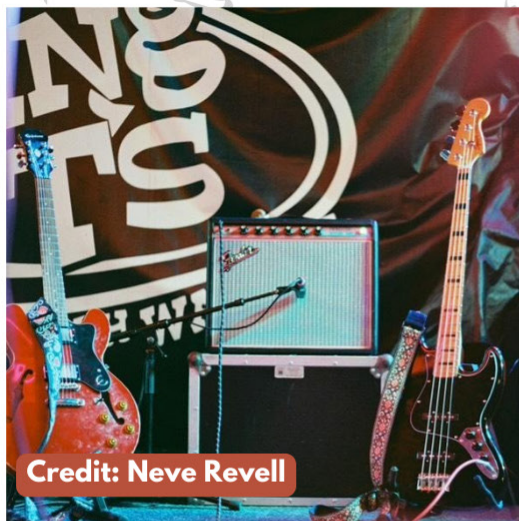
The festival highlights over sixty of Glasgow's grassroots musicians and runs through from the January 2nd to the 25th. The festival gives local musicians a platform to bring in more audiences, this year saw acts such as Lacuna, Caseveti, and more.

Although this year was the 25th anniversary it was business as usual for the festival with the familiar format of the show kept intact. Two of this year's dates sold out quickly, and while other nights may not have the atmosphere was still incredible. King Tut's has always been praised for its care of artists and the gig community, and this year was no different.

One band that played this year was Naked Actress, a four-piece indie rock band and they are no stranger to the King Tuts stage, having played their Summer Nights festival in 2024.

When discussing the night they said: "King Tuts never disappoints, and the lineups are always top-drawer! An amazing way to start the year."

I got the chance to attend Indoor Foxes headline with Alcatraz, The Grapevine, and Niamh MacLennan as supports on the 10th of January and the crowd was electric. While admittedly only watching two out of the four acts that night, you could tell that the first act had amped the crowd up and that energy just kept going throughout the night.



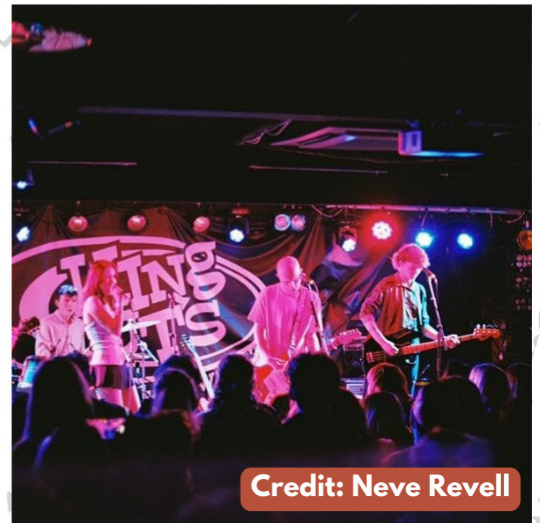
Credit: Neve Revell

Alcatraz had just released their latest single before the show and the response from the crowd was amazing with people attempting to crowd surf and many mosh pits opening throughout the set. Having only played a handful of gigs before performing as part of this lineup was a fantastic opportunity for the band.

Alcatraz shared what that experience was like saying: "Being able to play the festival was an amazing opportunity for us and as a new band and an unreal experience, the work (king) Tut's do is second to none and it's an amazing venue to play."

The festival is a great way of finding local acts all in the one place and all for an affordable price, with tickets ranging from £10 - £20 for individual gigs, they also offer a £50 all-shows ticket that gives you access to attend as many nights as you would like.

With opportunities like this at such an affordable price it is an easy and accessible way to support your local venues and artists.



Credit: Neve Revell

Tom Meighan's

# ROADRUNNER

By Daniel Macleod

Former Kasabian frontman Tom Meighan shows what he is about in his second studio album as a solo artist. 'Roadrunner' offers all of the attitude, firepower and punk fans would expect, whilst also showing a more vulnerable, honest and heartfelt side to the singer.

The album roars into life with 'Use It Or Lose It', a fast-paced, energetic track with rocky instrumentals that would open any show well. It's the sort of song anyone familiar with Meighan's work as a solo act or as part of Kasabian might anticipate and appreciate. In a different sense, the same could be said of 'Silver Linings' one of the standouts of the new release. The 44-year-old told the Indie Master Plan that it was an anthem for anyone that has faced challenges and come out stronger on the other side. He added that it was about seeing the good through the bad, and realising there was a way forward. The combination of the bass shamisen-sounding beat immediately grabs your attention and has that unique alternative feel to it.

What made and makes Kasabian such a great band is their versatility, whilst also remaining true to themselves. The same can be said of Meighan. In each of his musical ventures he's maintained the ability to combine loud, bombastic, fast rock songs with slower acoustic tracks that show another side to his game. We hear the slow, raw, heartfelt side in 'Better Life' and 'Would You Mind', the latter was the Englishman's first release as a solo artist back in 2021 but features on 'Roadrunner'. 'Better Life' is a soft, acoustic tune with a Liam Gallagher like vocal composition.



# ALBUM REVIEW

“Always looking for a better life, another life, the grass is always greener on the other side, and you think it runs perfectly” is so uncomplicated but easy to connect to in a world where we’re so often only ever looking at what’s around us or at the next big thing we want.

The final new release is ‘Do Your Thing’, a song that seems to balance the album’s strong elements with Meighan’s vocals building up to booming instrumentals, with the aforementioned ‘Would You Mind’ completing ‘Roadrunner’.



**Credit: Linda Stulic**

What would hold Meighan’s second effort back from higher praise would be that it lacks the one or two undisputed bangers on par with Kasabian’s finest works. This is to be expected with pretty much any solo act, but even after two impressive albums, ‘Would You Mind’ stands above the rest. It’s so honest, it’s so raw, it’s so real and anyone with a soul will take something from the song. The background instrumentals build in a way that really complements Meighan’s powerful but poignant vocals and lyrics.

All in all, ‘Roadrunner’ builds on the solid debut effort that was ‘The Reckoning’ and maintains a consistency that any of Meighan’s fans will be pleased with, whilst honouring his Kasabian roots. The more Meighan leans into his more emotive and heartfelt songs, the more he will continue grow as a solo act.

# FROM PUNK TO POP

## Two sides of the same Glasgow coin

By Morgan Hermiston

Every style of music has links to Glasgow, everything from punk to pop. These two genres specifically have an evolutionary link to the city. As times progress, so too do those categories. Can these genres coincide? And is it possible to ban a genre completely?

In August 2008, the United Nations Educational, Scientific and Cultural Organisation (UNESCO) named Glasgow a City Of Music. UNSECO uses education, science and culture to encourage and promote understanding and peace. At that time, Glasgow was the first UK city to be given such an acknowledgement, and the third in the world. This is primarily due to the city, after London, being the biggest music economy in the UK alongside more successful music business output than elsewhere in Scotland.

When punk first began to grow in popularity in New York City in the 70s, it almost simultaneously ignited interest in London. After making its way northwards to Scotland, it quickly became a lifestyle that many young people adopted. Instantly, there was a generational contrast, with older people refusing to accept this change of dress, music and culture. Many saw it as aggressive, heavily controversial and there were suggestions that it increased violence.

***“Streets are empty every day.  
No longer can you see the sun.  
You’re running home before the  
morning light.  
There is a new age that has just  
begun.”***

**Simple Minds - Someone**

*As a lifestyle, punks stereotypically dressed themselves in dark, ripped and distressed clothing, often paired with bright, bold hairstyles and colours. It is a way of life that was ignorant of gender, with most followers from lower class backgrounds. This heightened creativity via the DIY approach to both style and the genre of music itself. A primary principle of punk is the ideological and political aspect of lyrics.*

*We’ve all heard Sex Pistols’ ‘Anarchy In The UK’ and ‘God Save The Queen’. Part of what made Sex Pistols so infamous at the time was their ability to unapologetically appeal to a new mindset. Anger, discontent and frustration became transparently masked in lyrics discussing everything that a new generation were against. Establishment, authority, racism, conformity and existentialism are all challenged in the wording of rowdy, rebelrousing riffs. While the decade following 1970 was both the start, and the prime, of punk culture, a blanket ban from Glasgow City Council threatened an early end to the entire genre for locals. It’s no surprise that young people rebelling against the norm threatens every form of order that past generations have seen. In 1976, The Stranglers played a gig in the music capital that angered the Council to the extent that they banned Glasgow venues from hosting punk acts, threatening to revoke their license if they were caught doing so. However, local town Paisley came to the rescue, becoming an unlikely hotspot for these bands and their fans. The Bungalow Bar and the Silver Thread Hotel played host to a wide range of talents, including huge acts like The Clash, Siouxsie and the Banshees, Elvis Costello, and Johnny and the Self-Abusers (who later became Simple Minds).*



As the 70s progressed, so did punk. Punk in its fundamental form was still prevalent, but from it branched sub-genres like post-punk and new wave. Through an ever-evolving decade, many acts once again embraced Glasgow as a second home to promote their material, regardless of the genre. The Fall, an English post-punk group, played at Glasgow Tech in 1980, with a heavily post-punk inspired U2 playing at Strathclyde University in 1981. Alongside acts from afar, many homegrown Scottish groups stemmed from the original punk culture into these new sub-genres. Edinburgh group The Rezillos found themselves evolving from punk to new wave. Accompanying them in this category are other Scottish bands such as Simple Minds, The Associates, Cocteau Twins and Ultravox, featuring Glasgow's own Midge Ure. Edinburgh group Josef K formed under the Scottish post-punk scene, alongside Scars, The Flowers and The Fire Engines.

As mentioned previously, punk and its closely affiliated sub-categories were never overly gender specific in terms of who could be fans. Music in general, however, has been notoriously specific over which gender succeeds. As the 1980s seemed to transform a world of punk into pop, there were many talents to seamlessly sewed together bright, bubbly production with undertones of observation. In 1981, Glasgow pop duo Strawberry Switchblade formed, and demonstrated exactly that.



Even though they spent 20 weeks in the 1984 UK National Charts alongside the likes of Wham and Madonna, the two-piece are definitely not a household name. Their hit single 'Since Yesterday' debuted at Number 5 that year, with their only album peaking at Number 25 the following year. Now over 40 years later, Strawberry Switchblade are the only Scottish girl band to break into a Top 30

chart position, let alone debut straight at Number 5. Why is this significant? Their aforementioned single is one of catchy choruses and easy listening. Lyrically, though, this track was about the cold war and nuclear war, not very bubble-gum pop is it?

Utilising pop to spread a deeper message isn't a new thing. Band Aid's efforts in 1984 were nothing but political and a successful aim to shed light on an issue many were ignorant to. But isn't this exactly what punk did?

If you aren't afraid to look into the messages behind the melodies, then both pop and punk can conform to a similar idea, though one tends to involve a lot more yelling than the other. In Glasgow, the DIY approach brought to life mainly by punks is adopted by all. When you come from a less wealthy background, like many in this city do, communities can help mend all, and the Glasgow music scene demonstrates exactly that. Glasgow is one of the only cities where punk can coincide so naturally with other folk, indie, rock and pop acts. It's what makes the city so nurturing to musical talents. There are so many independent and upcoming talents in Glasgow that have the same attitudes and drives as those from the 70s and 80s, regardless of the genres and categories they fall into. There are punk bands such as Declan Welsh & The Decadent West, Soapbox and Voodoos. There are indie and folk acts like Bottle Rockets, Ben Walker and Rianne Downey. Pop is prevalent too, with the likes of Ilse making a massive name for herself.

Glasgow has always been rich with musical talents and always will be. It's blatantly obvious that banning punk didn't work, it only moved the messages elsewhere. When there is a movement, musical or otherwise, then those who follow it will travel to satisfy their need to belong in that environment. Both punk and pop continue to grow in Glasgow, showing that two genres that seemingly sound so different can co-exist, and share a lot more than the surface lets you hear.



# BEST P

Our editors picks on what

Entertainment & Tech



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# ICTURE

we want to take home this year...



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A COMPLETE UNKNOWN  
DIR. JAMES MANGOLD



# Is AI a threat or a tool for the future of creatives?

By Eilidh Rowe

The use of AI in creative industries is growing so rapidly, it's hard to ignore. AI powered tools are now capable of generating music, designing logos, editing videos and writing articles. As these technologies become more advanced, they are reshaping the way creative professionals work.

In 2023, Engine Creative conducted a survey about the impact of AI in the creative industry, gathering over 100 responses. The findings revealed a sharp divide: 42.5% of respondents stated that they use AI all the time or often and 57.6% said that they have never or rarely use the tools.

The split raises an important question - will AI completely take over the industry? If AI can seemingly do everything a human can, what's the need for us?

It's a scary thought – will there be any jobs when we graduate?

Alex Williams, dean and director of animation and visual effects at Escape Studios, believes AI will serve as a catalyst for growth rather than a replacement for human creativity: “My expectation is that it will be a turbo boost for the industry.

“It will allow us to do more with less, it will allow us to work faster and smarter and more intelligently.

“But it will not be a substitute for human beings.

“I think, in my view, the threat of AI is greatly exaggerated.”

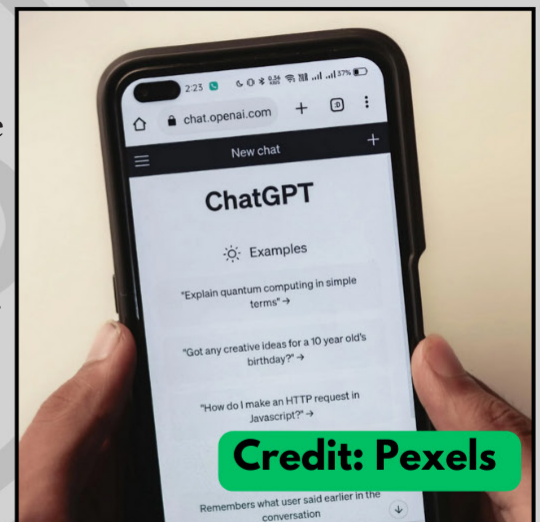
It's important to remember that AI lacks the creativity, emotion and cultural understanding humans bring to creating content. AI operates on data and patterns, and so it works best with clear rules and objectives.

Creative Recruitment UK argue that the key is to view AI as a collaborator rather than a competitor. For example, a graphic designer who incorporates AI tools into their work can respond to client feedback faster. A copywriter can generate content variations with AI so they can focus more on refining the tone to align with the brand's voice.

However, the rise of AI in these industries is not without drawbacks.

Since AI systems are based off algorithms and data, they are more likely to produce work that is consistent and predictable, rather than unique. If you've ever used AI like ChatGPT, you'll notice that no matter what you ask, the response will have a similar structure and answer.

The future of AI in creative industries will depend on how it's used. Sure, it might be able to enhance creativity, but, it will probably never be able to replicate the way a human being thinks. And I think mass corporations will start to realise that soon, too.





# How TikTok has transformed music discovery and reshaped the industry

By Rowan Stewart.

In the last five years, TikTok has redefined the music landscape, making it possible for one single viral moment to launch a song from obscurity to viral fame in the blink of an eye. What once was an app for dancing has become one of the music industry's biggest forces and has created an entirely new system for music discovery.

The video sharing app was launched in 2016 in the US, however gained popularity during the global pandemic, where people found themselves downloading TikTok for the new popular short form content. Nowadays, it is a resource for artists to reach global audiences in a way that was previously unimaginable. In just a few scrolls you can discover various new songs, maybe ones you would never have listened to if it wasn't for the app, or songs that would not usually be played on mainstream radio.

One of the most successful songs that has benefitted from its TikTok success is 'Blinding Lights' by The Weeknd, which had a viral moment in 2020 and is now the most streamed song ever on Spotify with over 4.5 billion streams, thanks to the viral trends and dances that became popular during the COVID-19 lockdown.

Other artists that have had huge success as a direct result from their music 'blowing up' on TikTok have been the likes of Disney channel star turned pop phenomenon Olivia Rodrigo, who's covers of popular songs and short snippets of playing original songs on her bedroom floor went viral on her account. This allowed Rodrigo to then go on to release her debut single 'Drivers License.' This song went on to become the most streamed non-Christmas song on Spotify in 24 hours. Through TikTok, she was

able to establish a completely new fanbase of people that cared about her for her music, and not her previous acting career.

More recently we have seen the massive success of Chappell Roan, a previously unknown singer from the American Midwest, who became an overnight sensation and has just won the Grammy award for best new artist. Despite being active in the industry for over seven years, it took until the release of her album 'The Rise and Fall of a Midwest Princess' to become successful. Between clips of her performances being shared hundreds of thousands of times and the use of her music in the background of popular creator's short form videos caused Roan to become very popular very quickly. In April 2024 she was gaining a quarter of a million new monthly

listeners on Spotify per day. Without her success online, Roan's career would arguably be nowhere near on the same level that it is today, and millions of people would never have discovered her work.

While these artists have had incredibly large boosts to their career through becoming popular on TikTok, artist success isn't always on this large of a scale - but that doesn't necessarily mean

you won't find your next favourite song from a smaller artist.

TikTok also gives the opportunity to discover brand new independent artists who are just starting out their careers and follow their journeys right from the beginning. Short snippets of brand-new original songs from small artists without a platform and without a label are shared every single day and your For You Page might be what allows you to discover the next big thing.



Credit: Plann

# The resurgence of the Euphoria-Style makeup

By Maya Amir

Sophie MacGrain is not only the News and Feature Editor of this magazine but is also a talented accredited Makeup Artist. With the TV phenomenon, Euphoria soon to be back to filming, it was interesting to hear Sophie's opinion on the work of art, specifically meaning the makeup.

The angelic but glittery gothic look took over 2020, after the series aired. This was different to the winged eyeliner of 2016 and the thin eyebrows of 2011. It was sensational and eye dazzling which left many in awe. Could Euphoria-style makeup be resurfaced and become the 'A La Mode' of 2025.

Fashion

## What do you think about Euphoria makeup?

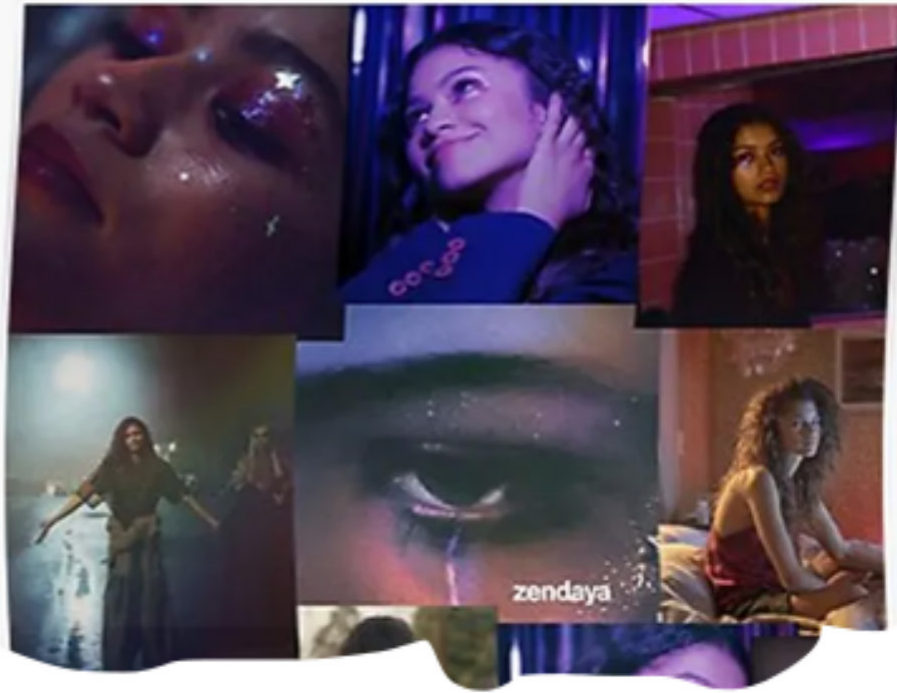
Sophie said: "Euphoria-style is the epitome of self-expression. That was, in fact, the reason why it was such a prominent part of the series, is because it was meant to be used to symbolise the characters finding themselves as teens, and style and makeup were an important part of expressing that. I really love this kind of makeup. Although it's not my go-to for during the day, it certainly is fun. Whether that's just when you're messing around in your room pre-shower or trying out a new look for a big night out. I really do love the fact that that style of makeup is usually very much expressive and "out-there" but can be tailored to each person's specific tastes by everything from how much glitter is used, to where you place your gemstones!"





## Why do you think it became a trend in the first place?

Sophie said: “I think it became a trend back when the first series came out because people hadn’t really tried experimenting with using glitter, gemstones and graphic liner beyond fancy dress or festival looks. But Euphoria lead the way for people to take on board an extra bit of dazzle to their makeup without having to feel like they’ve done



anything too crazy with it (unless they want to!). It comes back to the fact that people can really be customisable with this trend and make it work for them. And with young people in particular, this really resonated, because it’s a fun way to try something new and express yourself in ways that can be super subtle or completely “out-there.”

## With the new season of Euphoria in the works, could you see the makeup trend making a comeback and will it surpass the clean girl aesthetic of 2024?

Sophie said: “I think it’ll definitely make a comeback with the new season coming. It won’t be the same, of course, but makeup artists, content creators and all-round makeup lovers alike will certainly take the premise of the style back on board. Clean girl makeup was very popular in 2024. So, I can see the Euphoria makeup trend making a return in one of two ways. It could become popular because it’s a total contrast to the minimalist makeup trends of last year. Think heavy glittery eyeshadow, graphic liner and arranged gemstones. However, I think it’s more likely to actually become almost an extension of the clean girl makeup. People might still want to keep things simple, but jazz it up a bit in 2025. Body glitter is already becoming popular, so I imagine bodies and faces will continue to sparkle. I can also see subtle gem placements, perhaps at the corner of the eyes, or the scalp with a slicked-back ponytail. Also - shimmer shadows! Not full-blown glitters, but rather loose shimmer powders, which add a softer sparkle of colour. So, my overall prediction is that the shimmer, sparkle and shine that is reminiscent of Euphoria style is 2020 will make a resurgence, but in a much more subtle way - and I’m very excited to see how this is portrayed by the stylistic choices in the show, and the reinterpretation of inspired makeup artists too!”

Check out Sophie’s socials for a beautiful glam sesh @beautyby\_sophie !



# Fashion and Beauty Editor's

By Maya Amir

## **Skinny Jeans= Don't**

American Content Creator, Alix Earle is eager for skinny jeans to make a comeback, but we are still thriving in the oversized era. Comfiness is the vibe for 2025 with no material sticking to the leg. If you do want the hourglass figure in the lower body, flares hug your body creating a perfect flick at the end of your shoes.

## **Headbands= Do**

So, people are in their new year, new me stage. If you're working out, wear a headband so your hair doesn't stick. Match your headband with the new outfits you're buying because you're focused on spending money the right way. Want the sun to hit your face and no longer rely on bronzing drops that probably don't last long enough, wear a headband to expose every part of your face and drown in SPF.



Credit: PickPik

## **Crocs= Don't**

This is controversial and may be fighting my own corner, but I have never understood how one can walk around with holes in their shoes. It is simply unsanitary. I see the uniqueness of creating your own sticker and attaching them to your sandals, but we are not in the Lellie Kellie's era. We have moved on from collecting dolls and hiding them in a heel. Let's not play with shoes, that is not their purpose. Let's accessorize and create a look.

## **Baguette Bag= Do**

Now, the size of iPhones are only getting bigger especially max versions. Our pockets are not big enough but do people want to carry a big bag. I think not. We've seen Bella Hadid wear her Mango baguette bag, why not chuck your phone, keys and a lip balm and hit the road. Its the perfect size, basically a mini baguette.



# 2025s Do's and Don'ts

## False Eyelashes= Don't

Again, I will probably offend a mass of the population but either I'm getting old, or I am under the Heather Bowling affect. Natural is the way to go and using a lash serum has reverted me to mascara. Let's enhance those lashes instead of ruining them with eyelash glue. If you are fiddly like me, you'll know the wonderful effects of getting glue stuck on your hand and the immature mind set of peeling it off. The getting ready stage of night out will become quicker when missing the fake eyelash step.

## Lip Stain= Do

Lipsticks and lip glosses can be annoying with the product not lasting and the stickiness. Lip stains last longer and you can wipe your hand over your lips without removing any of the product. This is starting to sound like an advertisement but not having to reapply your lipstick every two hours sounds like a dream. You're set with a lip stain, and you don't have to find a mirror as your confident because you already look good.



Credit: Pexels

## Tracksuit= Do

I know I was technically meant to end on a don't, however tracksuits are my biggest yes. Comfort and style all in one. Don't get me wrong, one of the most thrilling activities is coordinating an outfit but see when you're rushing out the door to meet that friend you were meant to half an hour ago, it's so much easier to chuck on something that goes together but still looks like you've put effort into the outfit. The great thing about tracksuits as well is that you can pair any type of shoes, any accessory and a claw clip.





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