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Disc Information

Directed by: Andrew Van Den Houten
Studio: MVD Visual
Running Time: 84
Year Released: 2005
Rating:

Disc Specifications

- Aspect Ratio (1.78:1)
- Video Codec: AVC
- Audio Mix: Dolby Digital 5.1
- Trailer
- Audio Commentary
- Deleted/Extended Scenes
- Featurette
- Number of Discs: 1

Disc Scores

Video



Audio



Supplements



Overall



Headspace (Blu-ray)

Review by: Fusion3600

Plot: What's it all about?

Alex (Christopher Denham) had a troubled childhood, so his mind has always been a little unstable. But after an encounter with a mysterious stranger, his mind has started to evolve in massive ways. His intelligence grows by leaps and bounds, more with each day that passes. This is a boon in countless ways, but the benefit doesn't come without some unwanted side effects. He is plagued by intense headaches and experiences horrific visions, so his mind is like a battlefield at times. But those concerns are nothing compared to what happens next, as those around Alex begin to die off one by one. The murders are brutal and horrific, with ties to the visions that haunt him of late. This sends Alex into an even deeper spiral of mental anguish, as he struggles to make sense of what has happened. As time passes and more murders unfold, will Alex be able to discover if his mind is simply broken or if a much darker force is at work?

This is an ambitious movie, one that tries to defy it's low budget roots to provide a refined, well crafted experience. Headspace pulls together a cast that is better than most films of this profile, so that helps a lot. Udo Kier is always fun to watch, while others present include Olivia Hussey, Sean Young, and William Atherton. The cast is solid across the board and it has a good script to work with, so the performances are effective. Christopher Denham is the film's anchor and he carries the movie quite well, bringing the internal anguish to life in vivid fashion. The film suffers at times from the lack of resources, but the writing is good and the atmosphere is well developed. The script has some issues, but moves at a good pace and keeps your attention from start to finish. So if you're looking for a well acted, well crafted thriller, Headspace deserves some consideration.

Video: How's it Look?

Headspace is presented in 1.78:1 widescreen. This transfer looks good and offers an improvement over the standard release, but doesn't quite dazzle. The main issue is that the film's visual design is dark, too dark in some cases. So detail tends to get lost at times within the shadows, which is a production issue, not a fault of this treatment. When lighting is adequate however, contrast looks strong, colors are spot on, and detail is rock solid. So while this transfer won't be your go-to visual demo disc, the movie looks good and fans should be mostly satisfied.

Audio: How's it Sound?

A Dolby Digital 5.1 soundtrack is present and while not all that memorable, it gets the job done. The surrounds are used to enhance the atmosphere at times, which ups the ante on the tension. The rest of the elements rest in the front channels, but all the needed performance is covered. The vocals sound clear and clean, while the music is well handled also. This track isn't bad by any means, but I think we've come to expect lossless soundtracks and this one doesn't provide that. Even so, the audio is more than solid and never disappoints.

Supplements – What are the Goodies?

This disc houses two audio commentary tracks, a half hour look behind the scenes, an extended interview with the director, about an hour of deleted & alternate scenes, some still photos, trailers, and a look at the film's special effects.

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