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The substance parents guide

The Substance, a 2024 horror film directed by Coralie Fargeat, has been rated R for its explicit content. The movie depicts graphic violence, gore, and nudity, making it unsuitable for younger audiences. Critics have chosen not to review the film due to its intense nature. The plot revolves around body horror and psychological terror, featuring unsettling scenes of self-harm, extreme gore, and an eerie atmosphere. The film's rating signifies that viewers under 17 require adult supervision to watch. It contains extensive full female nudity, sexualized imagery, and profanity, making it a deeply intense and memorable entry in the horror genre. Given article text here The movie I watched contained some concerning themes before it started, including explicit sex scenes and derogatory comments about women. There were scenes of graphic violence, such as a brutal fight between two women resulting in severe injuries. The language used was often offensive, with the "f-word" and its derivatives being mentioned occasionally, along with sexist slurs like "b*tch". If you're feeling upset by what you've seen, it's recommended to reach out for help, with helplines available such as 1737Safe to talk and Lifeline. However, I'd like to discuss the movie itself. The Substance, directed by Coralie Fargeat, is a body-horror thriller that received both praise and criticism at Cannes. The film's premise revolves around an injectable drug that allows a fading star (played by Demi Moore) to swap bodies with a younger woman. I found the special effects to be mainly achieved through prostheses and makeup, rather than CGI. The movie has been compared to classics like Seconds, The Fly, and The Thing, which all deal with the fear of biological transformation into something horrifyingly other. While Fargeat's sophomore feature attempts to offer a feminist twist by making the object of horror a woman who has reached 50, I felt it lacked in both gross-out quotient and intellectual heft. The film's depiction of fleshly transmogrifications becomes increasingly disgusting as the characters' physical and moral conditions degrade. Despite its potential, I found The Substance to be lacking in these areas, making it more of a disappointing watch than an enjoyable one. The film "The Substance" is a tired and grating portrayal of the patriarchal society, with its overused theme of oppressive beauty standards. After two hours, even die-hard feminists might be excused for thinking, "We get it." The story revolves around Elisabeth, a former celebrity who signs up for a Faustian bargain to maintain her youth and beauty. However, this deal comes with a twist: every 14 days, she'll switch bodies with Sue, a younger and more attractive woman. As they navigate their shared consciousness, the two women develop a fierce rivalry, each trying to outdo the other in the "hot-girl" role. Despite its intriguing concept, the execution falls flat due to director Fargeat's heavy-handed approach. The film attempts to satirize societal pressures, but its targets are unclear, and the beauty industry is surprisingly absent from the critique. The only notable character, Harvey, a sexist TV executive, becomes a one-dimensional caricature after his initial introduction. The many scenes showcasing Elisabeth's futuristic bathroom procedures start to blend together, making it difficult to engage with the story. Overall, while the idea behind "The Substance" has potential, its execution makes for a tedious watch. The body horror in The Substance becomes increasingly gruesome and unsettling as the two main characters, Elisabeth and Sue, undergo successive transformations. However, the static nature of their characters and the story as a whole fails to deliver a lasting sense of shock or fear. Instead, the movie's reliance on predictable twists and familiar musical cues detracts from the experience. The use of iconic scores from Vertigo and 2001: A Space Odyssey comes across as clumsy and heavy-handed, disrupting the viewing experience for those who have seen the referenced films. While Fargeat's message about female body dysphoria is timely and urgent, the execution falls flat due to its overly simplistic approach, leaving no room for audience speculation or connection. The casting of Demi Moore as Elisabeth proves to be a masterstroke, bringing a level of authenticity and depth to the character that enhances the film's portrayal of anxiety and self-worth. The new movie "The Substance" has sparked mixed reactions among critics, who praise its visceral intensity but criticize its repetitive pace. Lead actress Margaret Qualley's performance is marred by limited character development compared to her co-star Elisabeth Olsen. The film's cinematography and makeup effects are noteworthy, particularly in the graphic depiction of violence and gore. An R rating from the MPAA and an 18 rating from the BBFC make this film unsuitable for younger audiences. Parents should be aware that it contains strong, violent scenes, graphic nudity, and mature language. The movie features approximately 20 uses of the F-word and some milder profanity, as well as insults like "monster," "freak," "stupid," "gross," and "old." There are also a few religious exclamations. The film contains frequent full female nudity, with scenes showing breasts, buttocks, and pubic regions in non-sexual contexts. Scenes of implied sex include passionate kissing, fondling, and a man removing his shirt. Dancers perform suggestive moves, and close-up shots focus on women's bodies. Dialogue contains some sexual innuendos, and one scene features a man ogling a server. The film is extremely graphic, featuring numerous scenes of bloody violence and grotesque body horror, including self-harm, injections, and transfusions. Additionally, there are unsettling scenes of food consumption and sudden intense moments like a car crash that contribute to a disturbing atmosphere in the second half of the movie. This film is suitable for adult audiences who appreciate dark satire and body horror but contains graphic scenes that may be too intense for sensitive viewers. The Substance has received criticism for its depiction of graphic violence, nudity, and themes that are not suitable for younger audiences. Watch or Skip: Due to its mature content, this movie should only be viewed by those 18 years and older. It's rated R and features explicit scenes, including gore and language. The film explores the theme of self-identity and body image through the story of an aging actress who undergoes a sinister sci-fi body-enhancement program. The Substance has been described as a feminist body-horror film that tackles themes of identity, mortality, and the pressure to conform to societal standards. Director Coralie Fargeat's vision for the film is raw, unapologetic, and thought-provoking. The movie has sparked controversy with its graphic content, but it has also been praised for its bold statement on self-acceptance and the dangers of playing with one's identity. Fargeat's film, "The Substance", presents a dark and twisted tale of transformation and self-empowerment. Elisabeth, a young model, undergoes an experimental procedure that allows her to switch bodies with a younger, more vibrant version of herself, named Sue. This process repeats every week, with the two women feeding off each other's energy. The film is a visually stunning and unapologetic exploration of the world of cosmetic enhancement, drawing inspiration from classic films like "Invasion of the Body Snatchers" and "A Clockwork Orange". Fargeat's direction is bold and unafraid, incorporating graphic violence, explicit nudity, and a stylized aesthetic that recalls 1970s exploitation cinema. At its core, "The Substance" is a feminist critique of societal expectations placed on women. Elisabeth's transformation serves as a metaphor for the ways in which women are forced to conform to beauty standards, only to be discarded when they no longer fit the mold. The film's protagonist, played by Demi Moore, delivers a fearless performance that ripples with anger, terror, and despair. Through its use of close-ups, rapid cuts, and pulsating sound design, Fargeat creates a visceral experience that both repels and attracts the viewer. Her vision is unapologetically provocative, yet somehow manages to subvert the very gaze it seems to invite. The result is a film that is at once shocking, exhilarating, and thought-provoking. The Substance is a satirical tale of dueling egos, where Sue, an enhanced version of Elisabeth, struggles with her own identity and the life energy she's siphoning from her counterpart. Through physical transformation, Sue gains confidence but also becomes a parasite, draining Elisabeth's vitality and ultimately reducing her to a decrepit shell. The film is unapologetically ambitious and visceral, playing off the history of Hollywood cat-fight melodramas, with a climactic sequence that unleashes a true monster – not just a physical aberration, but a deformation of the spirit we're repressing by perpetuating superficiality.

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