

INSIDE THE RETREAT PREPARING BRITISH FILMMAKER FOR CANNES FILM FESTIVAL

RAY PANTHAKI CHOSE THE AUSTRIAN ALPS TO RESET BEFORE
THE INTERNATIONAL INTRODUCTION OF *IN STARLAND*



Ahead of launching his film at the Cannes Film Festival, British actor, writer and filmmaker Ray Panthaki retreated to the Austrian Alps to prepare mentally and physically for one of the biggest moments of his career so far. The BAFTA Breakthrough Brit spent time at Mount Med Resort in Tirol ahead of presenting *In Starland* – his first feature film as director – at the prestigious GREAT 8 Showcase hosted by the British Film Institute during the Cannes Film Festival.

Surrounded by the Tirolean mountains and far removed from the intensity of international film production, Panthaki used the Mount Med Resort’s combination of alpine nature, high-performance wellbeing and intentional recovery to prepare for the global spotlight of Cannes.

Known for acclaimed productions including *Boiling Point*, *Official Secrets*, *Colette*, *Marcella* and *The Serpent Queen*, Panthaki has worked with internationally renowned directors including Danny Boyle, Bong Joon Ho and Edward Zwick across film and television productions for the BBC, Netflix and major international studios. Now, with *In Starland*, Panthaki is stepping into a new creative chapter as writer, director and producer.

Curated by the British Film Institute and British Council, the GREAT 8 Showcase highlights eight of the most promising upcoming British feature films and has become one of Cannes’ key platforms for emerging filmmaking talent.

A FILM ALREADY ATTRACTING INTERNATIONAL ATTENTION

In Starland follows the story of Ernie, a withdrawn man whose life changes after an unexpected encounter with a group of young influencers, drawing him into a world shaped by identity, belonging and digital self-invention. The film stars Clarence Maclin, who gained international recognition following his breakout performance in *Sing Sing* and now takes on his first major leading role. Industry publications including *Deadline*, *Variety* and *The Hollywood Reporter* have already highlighted *In Starland* as one of the most closely watched new British productions connected to the 2026 Cannes market.

AN ALPINE RESET BEFORE CANNES

After nearly two years of continuous filmmaking without significant downtime, Panthaki deliberately chose the Austrian Alps as a place to reset and rebuild ahead of Cannes. At Mount Med Resort in the Wildschönau region of Tirol, he completed a personalised performance and regeneration programme designed to support physical recovery, mental focus and sustainable energy levels during a demanding international schedule. The discreet alpine setting offered privacy and recovery away from the demands of international production schedules. Under the medical guidance of Dr Stephan Papp, the programme combined advanced diagnostics, personalised nutrition, performance training and targeted recovery treatments.

"After two very intense years in which my entire focus was on the film, it became clear to me that before Cannes I wanted to consciously focus on energy, concentration, and physical performance. Mount Med Resort is not about a traditional retreat, but about purposeful rebuilding – physically and mentally – in preparation for what lies ahead," explains Ray Panthaki.

PERFORMANCE, LONGEVITY AND CREATIVE RECOVERY

As an exclusive destination for medically guided performance optimisation, prevention and longevity, Mount Med Resort offers the ideal environment for the sustainable enhancement of physical and mental performance.

"With Ray Panthaki, Mount Med Resort is supporting an international artist during a decisive phase between intensive creative work and global visibility. Our approach combines medically based diagnostics with individually tailored regenerative and active performance enhancement – physical, mental, sustainable, and optimally adapted to the guest's needs," explains Dr. Stephan Papp.

While Cannes prepares to welcome the global film industry, Mount Med Resort reflects a growing movement among creatives, entrepreneurs and public figures seeking structured recovery, performance optimisation and mental clarity away from the spotlight. Located in the Austrian Alps, Mount Med Resort is emerging as a discreet destination for high-performance wellness, longevity and recovery among international creatives and entrepreneurs.

ABOUT MOUNT MED RESORT

Mount Med Resort's unique health concept is built on the principal that an ounce of prevention is better than a pound of a cure. The flagship of the pioneering Mylife Changer® method introduces an innovative path to longevity developed from over a decade of research. Scientifically-proven, it merges two nutritional principles, ketosis and fasting-mimicking – without the deprivation and hunger pangs of traditional fasting – to promote autophagy. This reduces inflammation, regulates blood sugar, and promotes longevity.

At the heart of the Medical Spa is a synergy of state-of-the-art diagnostics – including advanced bloodwork, AI-supported breath and metabolic testing, imaging and vital-parameter monitoring – alongside therapies such as biohacking, infusions, manual treatments, high-end touchless therapies and targeted supplementation for optimal cellular nourishment.



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