

Body and Soul Therapy Limited

Annual Report and Unaudited Filleted Abridged Financial Statements
for the Year Ended 30 September 2020

Body and Soul Therapy Limited

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Body and Soul Therapy Limited

(Registration number: 04195389)

Abridged Balance Sheet as at 30 September 2020

	Note	2020 £	2019 £
Fixed assets			
Tangible assets	<u>4</u>	872	1,026
Current assets			
Stocks		145	140
Debtors		524	206
Cash at bank and in hand		<u>755</u>	<u>1,550</u>
		1,424	1,896
Creditors: Amounts falling due within one year		<u>(2,537)</u>	<u>(2,533)</u>
Net current liabilities		<u>(1,113)</u>	<u>(637)</u>
Total assets less current liabilities		(241)	389
Provisions for liabilities		<u>(166)</u>	<u>(195)</u>
Net (liabilities)/assets		<u><u>(407)</u></u>	<u><u>194</u></u>
Capital and reserves			
Called up share capital		2	2
Profit and loss account		<u>(409)</u>	<u>192</u>
Total equity		<u><u>(407)</u></u>	<u><u>194</u></u>

Body and Soul Therapy Limited

(Registration number: 04195389)

Abridged Balance Sheet as at 30 September 2020

For the financial year ending 30 September 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and

The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies regime and the option not to file the Profit and Loss Account has been taken.

All of the company's members have consented to the preparation of an Abridged Profit and Loss Account and an Abridged Balance Sheet in accordance with Section 444(2A) of the Companies Act 2006.

Approved and authorised by the director on 10 March 2021

Mrs N Larke

Director

Body and Soul Therapy Limited

Notes to the Abridged Financial Statements for the Year Ended 30 September 2020

1 General information

The company is a private company limited by share capital incorporated in England and Wales.

The address of its registered office is:

Willow Barn
Main Street
Kirklington
Nottinghamshire
NG22 8NL

2 Accounting policies

Statement of compliance

These abridged financial statements were prepared in accordance with Financial Reporting Standard 102 Section 1A 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

Basis of preparation

These abridged financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

Revenue recognition

Turnover comprises the fair value of the consideration received or receivable for the sale of goods and provision of services in the ordinary course of the company's activities. Turnover is shown net of sales/value added tax, returns, rebates and discounts.

The company recognises revenue when the amount of revenue can be reliably measured, it is probable the future economic benefits will flow into the entity, and specific criteria have been met for each of the company activities.

Tax

The tax expense for the period comprises current and deferred tax. Tax is recognised in profit or loss, except that a change attributable to an item of income or expense recognised as other comprehensive income is also recognised directly in other comprehensive income.

The current tax charge is calculated on the basis of tax rates and laws that have been enacted or substantively enacted by the reporting date in the countries where the company operates and generates taxable income.

Deferred tax is recognised on temporary differences arising between the tax bases of assets and liabilities and their carrying amounts in the financial statements and on unused tax losses or tax credits in the company. Deferred income tax is determined using tax rates and laws that have been enacted or substantively enacted by the reporting date.

The carrying amount of deferred tax assets are reviewed at each reporting date and a valuation allowance is set up against deferred tax assets so that the net carrying amount equals the highest amount that is more likely than not to be recovered based on current or future taxable profit.

Tangible assets

Tangible assets are stated in the statement of financial position at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation

Depreciation is charged so as to write off the cost of assets over their estimated useful lives, as follows:

Asset class	Depreciation method and rate
Fixtures and fittings	15% reducing balance

Body and Soul Therapy Limited

Notes to the Abridged Financial Statements for the Year Ended 30 September 2020

Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell.

3 Staff numbers

The average number of persons employed by the company (including the director) during the year, was 1 (2019 - 1).

4 Tangible assets

	Total £
Cost or valuation	
At 1 October 2019	5,806
At 30 September 2020	5,806
Depreciation	
At 1 October 2019	4,780
Charge for the year	154
At 30 September 2020	4,934
Carrying amount	
At 30 September 2020	872
At 30 September 2019	1,026

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the Companies Act 2006.



Moore Scarrott