

510 3351

ABSOLUTE RELAXATION LIMITED

DIRECTOR'S REPORT

and

ACCOUNTS

for the year ended

30TH APRIL 2008

THURSDAY



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26/02/2009

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COMPANIES HOUSE

ABSOLUTE RELAXATION LIMITED

COMPANY INFORMATION

Company number:	5103351
Incorporated	16 th April 2004
Director :	Michael O'Meara
Secretary	Mrs. Laura Moreton Griffiths
Registered Office	2 James House Solebay Street London E1 4PP
Bankers:	Barclays Bank Leicester LE87 2BB

ABSOLUTE RELAXATION LIMITED

REPORT OF THE DIRECTORS

The Director has pleasure in submitting his report and the financial statements for the year ended 30th April 2008.

Principal activity:

The Company's principal activity is intended to be that of physical well being therapy.

Results:

The results for the year are set out on page 4.

Director:

The Director is as set out on page 1.

The Director's interest in the ordinary shares of the company both at the beginning and end of the trading year is as follows:-

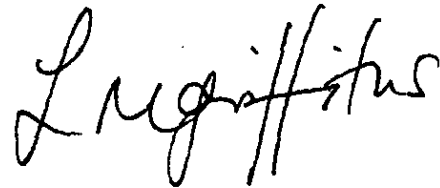
M. O'Meara	100 shares
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Taxation status:

The company is a close company within the meaning of Section 414(1) of the Income and Corporation Taxes Act 1988.

Auditors:

Being un-necessary for the financial statements to be audited, Withers & Co. have been called upon to act as reporting Accountants. This report has been prepared taking advantage of the special exemptions applicable to small companies.



L. MORETON GRIFFITHS
Secretary

ABSOLUTE RELAXATION LIMITED
BALANCE SHEET AS AT 30TH APRIL 2008

		30 th April 2008		30 th April 2007	
	Note	£	£	£	£
<u>FIXED ASSETS</u>			602		1,203
<u>NET CURRENT ASSETS</u>					
CURRENT ASSETS					
Bank and cash account		17,728		101	
Director's current account		----		29	
		<u>£17,728</u>		<u>£130</u>	
LESS: CURRENT LIABILITIES					
Director's loan account		3,921		----	
Creditors and accruals	2	1,434		470	
Corporation tax		3,829		1,007	
		<u>£9,184</u>		<u>£1,477</u>	
			8,544		(1,347)
			<u>£9,146</u>		<u>£(144)</u>
REPRESENTED BY:					
Share Capital	1		100		100
Revenue Reserve					
Balance b/fwd.		(244)		(9,830)	
Profit for the year		11,290		9,586	
		<u>11,046</u>		<u>(244)</u>	
Less: Distribution		(2,000)		----	
			9,046		(244)
			<u>£9,146</u>		<u>£(144)</u>

ABSOLUTE RELAXATION LIMITED

BALANCE SHEET AS AT 30TH APRIL 2008 (continued)


The exemption conferred by section 249A(1) not to have these accounts audited applies to the Company and the directors confirm that no notice has been deposited under section 249B(2) of the Companies Act 1985.

The director acknowledges his responsibilities for ensuring that:

- i) the company keeps accounting records which comply with section 221 of the Companies Act 1985, and
- ii) the accounts give a true and fair view of the state of affairs of the company as at 30th April 2008 and of its profit for the year then ended in accordance with the requirements of section 226 and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to small companies.

The director has taken advantage of the exemptions conferred by Part 1 of Schedule 8 to the Companies Act on the basis that the Company qualifies as a small company.

The abbreviated accounts were approved by the Board on 19th February 2009.


M. O'MEARA
Director

ABSOLUTE RELAXATION LIMITED

PROFIT AND LOSS ACCOUNT FOR THE YEAR ENDED 30TH APRIL 2008

	30 th April 2008		30 th April 2007	
	£	£	£	£
Profit on Trading:		14,112		10,593
Taxation:		2,822		1,007
Profit transferred to		—		—
Revenue Reserve account		11,290		9,586
		—		—

Accountant's report to the Director of Absolute Relaxation Limited:

We have prepared, without audit, the financial statements on pages 3 to 6 under the historical cost convention from the books and records of the company and information supplied to us.

The business is reliant upon the support of the Director to continue to trade; we understand that this support will continue for the foreseeable future.


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WITHERS & CO.

2 Ambleside Avenue
Streatham
London SW16 6AD

ABSOLUTE RELAXATION LIMITED

Notes to the Accounts

30TH APRIL 2008

1. SHARE CAPITAL:

Authorised:

100 Ordinary shares at £1 each £100

Issued:

100 Ordinary shares at £1 each £100

2. CREDITORS AND ACCRUALS

Creditors and accrued expenses,
due within one year

2008
£

1,434

2007
£

470