



Companies House

**AR01** (ef)

**Annual Return**



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**X4H1B8ZN**

*Company Name:* **4 BALANCE AND HEALTH LIMITED**

*Company Number:* **06700784**

*Date of this return:* **17/09/2015**

*SIC codes:* **86900**

*Company Type:* **Private company limited by shares**

*Situation of Registered Office:* **C/O EDWIGE CABANETOS  
THE BLUE HOUSE FLAT 9  
31, CALVIN STREET  
LONDON  
E1 6NW**

**Officers of the company**

*Company Director*    **1**

*Type:*                                **Person**

*Full forename(s):*                **MISS EDWIGE JEANNINE LUCIE**

*Surname:*                            **CABANETOS**

*Former names:*

*Service Address recorded as Company's registered office*

*Country/State Usually Resident:*    **ENGLAND**

*Date of Birth:*    **19/05/1975**                                *Nationality:*    **FRENCH**

*Occupation:*    **COLONIC HYDROTHERAPIST**

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## Statement of Capital (Share Capital)

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<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>1</b>
		<i>Aggregate nominal value</i>	<b>1</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

**THE HOLDER OF THE ORDINARY SHARES ARE ENTITLED TO FULL VOTING RIGHTS AND A PARTICIPATION IN ANY DISTRIBUTIONABLE DIVIDEND**

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## Statement of Capital (Totals)

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<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>1</b>
		<i>Total aggregate nominal value</i>	<b>1</b>

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### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 17/09/2015 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for the company are shown below*

*Shareholding 1* : **1 ORDINARY shares held as at the date of this return**  
*Name:* **EDWIGE CABANETOS**

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### *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.