

**EQUILIBRIUM LIFESTYLES LTD
UNAUDITED ABRIDGED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

Equilibrium Lifestyles Ltd
Unaudited Financial Statements
For The Year Ended 31 December 2022

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Equilibrium Lifestyles Ltd
Abridged Balance Sheet
As At 31 December 2022

Registered number: 13078231

	Notes	31 December 2022		31 December 2021	
		£	£	£	£
CURRENT ASSETS					
Cash at bank and in hand		6		315	
		6		315	
Creditors: Amounts Falling Due Within One Year		(1,241)		(1,001)	
NET CURRENT ASSETS (LIABILITIES)			(1,235)		(686)
TOTAL ASSETS LESS CURRENT LIABILITIES			(1,235)		(686)
NET LIABILITIES			(1,235)		(686)
CAPITAL AND RESERVES					
Called up share capital	4		1		1
Profit and Loss Account			(1,236)		(687)
SHAREHOLDERS' FUNDS			(1,235)		(686)

For the year ending 31 December 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

The company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

All of the company's members have consented to the preparation of an Abridged Profit and Loss Account and an Abridged Balance Sheet for the year end 31 December 2022 in accordance with section 444(2A) of the Companies Act 2006.

On behalf of the board

Mr Alister Comrie

Director

15/09/2023

The notes on page 2 form part of these financial statements.

Equilibrium Lifestyles Ltd
Notes to the Abridged Financial Statements
For The Year Ended 31 December 2022

1. General Information

Equilibrium Lifestyles Ltd is a private company, limited by shares, incorporated in England & Wales, registered number 13078231 . The registered office is 10 Beechfield , Frilsham, Thatcham, Berkshire, RG18 9XF.

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements have been prepared under the historical cost convention and in accordance with Financial Reporting Standard 102 section 1A Small Entities "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006.

2.2. Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the rendering of services.

Rendering of services

Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs. Turnover is only recognised to the extent of recoverable expenses when the outcome of a contract cannot be estimated reliably.

3. Average Number of Employees

Average number of employees, including directors, during the year was as follows: 1 (2021: 1)

4. Share Capital

Allotted, Called up and fully paid

31 December 2022	31 December 2021
£	£
1	1

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.