

Company registration number: **670790**

Mov & Life Health and Beauty Limited
Unaudited Abridged Financial Statements
for the year ended 30 April 2025

Mov & Life Health and Beauty Limited

Balance Sheet

30 April 2025

	Note	2025 €	2024 €
Fixed assets			
Tangible assets	8	177,365	179,373
Current assets			
Cash at bank and in hand		18,819	104,996
Creditors: amounts falling due within one year	9	(74,173)	(162,752)
Net current liabilities		(55,354)	(57,756)
Total assets less current liabilities		122,011	121,617
Creditors: amounts falling due after more than one year	10	(48,152)	(91,071)
Net assets		73,859	30,546
Capital and reserves			
Called up share capital presented as equity		100	100
Profit and loss account		73,759	30,446
Shareholders funds		73,859	30,546

We, as directors of Mov & Life Health and Beauty Limited state that:

- (a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014;
- (b) the company is availing itself of the exemption on the grounds that section 358 of the Companies Act 2014 is complied with;
- (c) no notice under subsection (1) of section 334 has, in accordance with subsection (2) of that section, been served on the company; and
- (d) We acknowledge the obligations of the company under the Companies Act 2014, to keep adequate accounting records and prepare financial statements which give a true and fair view of the assets, liabilities and financial position of the company at the end of its financial year and of its profit or loss for such a year and to otherwise comply with the provisions of Companies Act 2014 relating to financial statements so far as they are applicable to the company.

We, as directors of Mov Life Health and Beauty Limited state that we have relied on the specified exemption contained in section 352 of the Companies Act 2014 on the grounds that the company is entitled to the benefit of that exemption as a small company and confirm that the abridged financial statements have been properly prepared in accordance with section 353 of the Companies Act 2014.

These financial statements have been prepared in accordance with the small companies regime.

Mov & Life Health and Beauty Limited

Balance Sheet (continued)

30 April 2025

These financial statements were approved by the board of directors and authorised for issue on 30 November 2025, and are signed on behalf of the board by:

Leonardo Souza Cardoso Rodrigues

Director

Michelle Cardoso

Director

Company registration number: 670790

Mov & Life Health and Beauty Limited

Notes to the Financial Statements

Year ended 30 April 2025

1 General information

Mov & Life Health and Beauty Limited is a private company limited by shares and is registered in the Republic of Ireland. The company registration number is 670790 and the address of the registered office is Mov & More, 30-31 Francis Street, Dublin 8, D08YHW1, Ireland.

2 Statement of compliance

These financial statements have been prepared in compliance with Section 1A of FRS 102, 'The Financial Reporting Standard applicable to the UK and Republic of Ireland'.

3 Accounting policies

BASIS OF PREPARATION

The financial statements have been prepared under the historical cost basis, as modified by the revaluation of certain assets.

The financial statements are prepared in euro, which is the functional currency of the company.

GOING CONCERN

At the time of approving the financial statements, the directors have a reasonable expectation that the company has adequate resources to continue in operational existence for foreseeable future. The directors are confident that adequate funding will be made available to ensure all third party creditors are paid as they fall due. Thus the directors continue to adopt the going concern basis of accounting in preparing the financial statements.

TURNOVER

Turnover is measured at the fair value of the consideration received or receivable for goods supplied, net of discounts and Value Added Tax.

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership have transferred to the buyer, usually on despatch of the goods; the amount of revenue can be measured reliably; it is probable that the associated economic benefits will flow to the entity; and the costs incurred or to be incurred in respect of the transactions can be measured reliably.

TAXATION

Tax is recognised on taxable profit for the current and past periods. Tax is measured at the amounts of tax expected to be paid or recovered using the tax rates and laws that have been enacted or substantively enacted at the reporting date.

TANGIBLE ASSETS

Tangible assets are initially measured at cost and are subsequently measured at cost less any accumulated depreciation and accumulated impairment losses or at a revalued amount.

Mov & Life Health and Beauty Limited

Notes to the Financial Statements (continued)

Year ended 30 April 2025

Any tangible assets carried at a revalued amount are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation is recognised in other comprehensive income and accumulated in capital and reserves. However, the increase is recognised in profit or loss to the extent that it reverses a revaluation decrease of the same asset previously recognised in profit or loss. A decrease in the carrying amount of an asset as a result of revaluation is recognised in other comprehensive income to the extent of any previously recognised revaluation increase accumulated in capital and reserves. If a revaluation decrease exceeds the accumulated revaluation gains accumulated in capital and reserves in respect of that asset, the excess is recognised in profit or loss.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Fixtures, fittings, tools and equipment	12.5% straight line
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IMPAIRMENT

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

FINANCE LEASES AND HIRE PURCHASE CONTRACTS

Assets held under finance leases are recognised in the balance sheet as assets and liabilities at the lower of the fair value of the assets and the present value of the minimum lease payments, which is determined at the inception of the lease term. Any initial direct costs of the lease are added to the amount recognised as an asset.

Lease payments are apportioned between the finance charges and reduction of the outstanding lease liability using the effective interest method. Finance charges are allocated to each period so as to produce a constant rate of interest on the remaining balance of the liability.

FINANCIAL INSTRUMENTS

A financial asset or a financial liability is recognised only when the entity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the transaction price, unless the arrangement constitutes a financing transaction, where it is recognised at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Debt instruments are subsequently measured at amortised cost and commitments to receive a loan and to make a loan to another entity are subsequently measured at amortised cost.

Where investments in non-convertible preference shares and non-puttable ordinary shares or preference shares are publicly traded or their fair value can otherwise be measured reliably, the investment is

Mov & Life Health and Beauty Limited

Notes to the Financial Statements (continued)

Year ended 30 April 2025

subsequently measured at fair value with changes in fair value recognised in profit or loss. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, which is normally the transaction price and are subsequently measured at fair value, with any changes recognised in profit or loss.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised in profit or loss immediately.

All equity instruments regardless of significance, and other financial assets that are individually significant, are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised in profit or loss immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4 Average number of employees

The average number of persons employed by the company during the year was 10 (2024: 10).

5 Directors' remuneration

The aggregate amounts paid to persons who at any time during the financial year was a director of the company were as follows:

	2025	2024
	€	€
Emoluments in respect of qualifying services	49,969	50,000

6 Profit before tax

Profit before tax is stated after charging/(crediting):

	2025	2024
	€	€
Depreciation of tangible assets	11,611	30,283

Mov & Life Health and Beauty Limited

Notes to the Financial Statements (continued)

Year ended 30 April 2025

7 Appropriation of profit and loss account

	2025	2024
	€	€
At start of year	30,445	1,963
Profit for the financial year	43,314	28,483
At end of year	<u>73,759</u>	<u>30,446</u>

8 Tangible assets

	Fixtures, fittings, tools and equipment €
Cost	
At 1 May 2024	242,262
Additions	9,603
At 30 April 2025	<u>251,865</u>
Depreciation	
At 1 May 2024	62,889
Charge	11,611
At 30 April 2025	<u>74,500</u>
Carrying amount	
At 30 April 2025	<u>177,365</u>
At 30 April 2024	<u>179,373</u>

Mov & Life Health and Beauty Limited

Notes to the Financial Statements (continued)

Year ended 30 April 2025

9 Creditors: amounts falling due within one year

	2025	2024
	€	€
Amounts owed to credit institutions	28,245	28,016
Trade creditors	4,473	3,362
Other creditors including tax and social insurance	38,363	107,062
Deferred income	3,092	24,312
	<u>74,173</u>	<u>162,752</u>

10 Creditors: amounts falling due after more than one year

	2025	2024
	€	€
Amounts owed to credit institutions	-	35,444
Other creditors including tax and social insurance	48,152	55,627
	<u>48,152</u>	<u>91,071</u>