Registration number: CS001144

Comfort Zone Alternative Therapies SCIO

Annual Report and Unaudited Financial Statements

for the Year Ended 31 March 2026

Clyde Business Services
159 King Street
Glasgow
Lanarkshire
G73 1BZ

Comfort Zone Alternative Therapies SCIO

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Comfort Zone Alternative Therapies SCIO

Company Information

Chairman	Mrs Linda Dempster
Directors	Mrs Sandra Martin
	Mrs Mhairi McShane
	Mrs Charlotte McDonald
	Mrs Natalie O'Brien
Registered office	105 Stonehurst Street Glasgow G22 5BS
Accountants	Clyde Business Services 159 King Street Glasgow Lanarkshire G73 1BZ

Comfort Zone Alternative Therapies SCIO

Directors' Report for the Year Ended 31 March 2026

The directors present their report and the financial statements for the year ended 31 March 2026.

Directors of the company
The directors who held office during the year were as follows:

Mrs Linda Dempster - Chairman

Mrs Sandra Martin

Mrs Mhairi McShane

Mrs Charlotte McDonald

Mrs Natalie O'Brien

Principal activity
The principal activity of the company is charity

Small companies provision statement
This report has 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.

Approved and authorised by the Board on 4 August 2026 and signed on its behalf by:

.....
Mrs Linda Dempster
Chairman

Accountants' Report to the Board of Directors on the Preparation of the Unaudited Statutory Accounts of Comfort Zone Alternative Therapies SCIO for the Year Ended 31 March 2026

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Comfort Zone Alternative Therapies SCIO for the year ended 31 March 2026 as set out on pages 4 to 8 from the company's accounting records and from information and explanations you have given us.

It is your duty to ensure that Comfort Zone Alternative Therapies SCIO has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Comfort Zone Alternative Therapies SCIO. You consider that Comfort Zone Alternative Therapies SCIO is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Comfort Zone Alternative Therapies SCIO. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

.....

Clyde Business Services
159 King Street
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Lanarkshire
G73 1BZ

4 August 2026

Comfort Zone Alternative Therapies SCIO

Profit and Loss Account for the Year Ended 31 March 2026

	Note	2026 £	2025 £
Turnover		-	-
Cost of sales		(14,033)	(2,991)
Gross loss		(14,033)	(2,991)
Administrative expenses		(2,233)	(1,241)
Other operating income		16,570	4,801
Operating profit		304	569
Profit before tax		304	569
Profit for the financial year		304	569

The above results were derived from continuing operations.

The company has no recognised gains or losses for the year other than the results above.

Comfort Zone Alternative Therapies SCIO

Statement of Comprehensive Income for the Year Ended 31 March 2026

	2026 £	2025 £
Profit for the year	304	569
Total comprehensive income for the year	304	569

Comfort Zone Alternative Therapies SCIO

(Registration number: CS001144)
Balance Sheet as at 31 March 2026

	Note	2026 £	2025 £
Current assets			
Cash at bank and in hand		1,859	1,555
Capital and reserves			
Retained earnings		1,859	1,555
Shareholders' funds		1,859	1,555

For the financial year ending 31 March 2026 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- 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 directors acknowledge their 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.

Approved and authorised by the Board on 4 August 2026 and signed on its behalf by:

.....
Mrs Linda Dempster
Chairman

Comfort Zone Alternative Therapies SCIO

Statement of Changes in Equity for the Year Ended 31 March 2026

	Retained earnings £	Total £
At 1 April 2025	1,555	1,555
Profit for the year	304	304
At 31 March 2026	1,859	1,859

	Retained earnings £	Total £
At 1 April 2024	986	986
Profit for the year	569	569
At 31 March 2025	1,555	1,555

Comfort Zone Alternative Therapies SCIO

Notes to the Unaudited Financial Statements for the Year Ended 31 March 2026

1 General information

The company is a private company limited by share capital, incorporated in Scotland.

The address of its registered office is:
105 Stonehurst Street
Glasgow
G22 5BS

These financial statements were authorised for issue by the Board on 4 August 2026.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates
The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance
These financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A smaller entities - 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland' and the Companies Act 2006 (as applicable to companies subject to the small companies' regime).

Basis of preparation
These 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.

Going concern
The financial statements have been prepared on a going concern basis.

Cash and cash equivalents
Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

3 Staff numbers

The average number of persons employed by the company (including directors) during the year, was 5 (2025 - 5).

4 Share capital

Comfort Zone Alternative Therapies SCIO

Detailed Profit and Loss Account for the Year Ended 31 March 2026

	2026 £	2025 £
turnover (analysed below)	-	-
Cost of sales (analysed below)	(14,033)	(2,991)
Gross loss	(14,033)	(2,991)
Administrative expenses		
Establishment costs (analysed below)	(384)	(348)
General administrative expenses (analysed below)	(1,849)	(821)
Finance charges (analysed below)	-	(72)
	(2,233)	(1,241)
Other operating income (analysed below)	16,570	4,801
Operating profit	304	569
Profit before tax	304	569

Comfort Zone Alternative Therapies SCIO

Detailed Profit and Loss Account for the Year Ended 31 March 2026

	2026 £	2025 £
Cost of sales		
Direct costs	(14,033)	(2,991)
Establishment costs		
Water rates	(348)	(348)
Insurance	(36)	-
	(384)	(348)
General administrative expenses		
Sundry expenses	(474)	(331)
Motor expenses	(295)	(130)
Accountancy fees	(1,080)	(360)
	(1,849)	(821)
Finance charges		
Bank charges	-	(72)
Other operating income		
Other operating income	16,570	4,801