



SYNC

SUPERYACHT
STEW /
THERAPIST

SUPERYACHT STEW / THERAPIST

The SYNC Stew/Therapist Package is the ultimate training program for those looking to stand out in the competitive yachting industry.

This combines essential Stew training with STCW + DSD certification, Food Safety Level 2 and the Ultimate Yacht Therapy course.

This package equips you with the versatile skills needed to secure a position on luxury yachts and sets you apart and expands your skill set by becoming a sought-after professional in the yachting industry.



WHO IS THIS COURSE FOR?

Aspiring Superyacht Stews who want to gain the essential skills needed to launch a successful career at sea as a Stew and provide ultimate beauty and massage therapy.

This is for anyone who wants a competitive edge in the luxury yachting world by offering high-end service and wellness treatments onboard. More and more yachts are seeking dual role Stews who can offer therapy skills. This package sets you apart and opens doors to higher positions and better opportunities.

This course is perfect to increase your earning potential and provide unforgettable guest experiences on some of the world's most prestigious yachts. This will boost your employability and offer exclusive services to guests and owners who love onboard pampering

WHAT THIS COURSE COVERS

Manilla'10
Complaint
STCW + DSD
Basic Safety
Training

Highfield
Food Safety
Level 2

Superyacht
Stew
course

Ultimate
Yacht
Therapist
combining
Beauty and
Massage



SUGGESTED ADD-ONS:

Make-up

Dermaplaning

Sports
Massage

Indian
Head
Massage

Facial
Cupping

Basic
Skincare

Chemical
Peel

Chinese
Acupressure
Massage

Microneedling

SEE DROPDOWNS FOR
MORE INFORMATION

SUPERYACHT STEW COURSE



After completing the SYNC Superyacht Stew course you will be skilled in silver service, flower arranging, wine pairing, barista skills, table setting and all areas of interior yacht maintenance which will be applied on a Superyacht.

Not only will you be proficient in what is required of you as a Stewardess / Steward, but you will know exactly what Captains want, which type of yacht is ideal for you, and how to get where you want to go in the superyacht industry.

This preparatory course is perfect to feel confident joining the Superyacht industry as a Stew guided by experienced Chief Stewardesses.



DURATION

5 days

SUPERYACHT STEW COURSE

COURSE CONTENT

- Superyacht Industry Overview: Realities, onboard systems, and hierarchy and yacht Familiarisation
- Job Hunting, Contracts & Safety
- Onboard Safety
- Wine & Mixology
- Service Skills
- Housekeeping
- Laundry Mastery
- Floral Design
- Guest Service
- Visa Guidance
- Crew Networking
- E-SIM Discounts
- Financial Advice



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FOOD SAFETY LEVEL II

The Highfield Food Safety Level 2 is a widely recognized food safety certification that provides essential knowledge for anyone involved in the preparation, handling, or serving of food. It is particularly important for those working in the food industry, including restaurants, hotels, catering businesses, and other food-related environments, as well as on superyachts and cruise ships. Public confidence in terms of food safety is a major concern for any business in the food sector.

It is a requirement that anyone involved in food handling on board an MCA approved vessel must be appropriately trained in food safety. This is for anyone working with food in any capacity, including kitchen staff, chefs, food handlers and catering staff in the hospitality industry, superyacht crews, or catering businesses. It's suitable for people who have basic knowledge of food handling and wish to ensure they meet food safety regulations and standards.



DURATION

5 days

FOOD SAFETY LEVEL II

COURSE CONTENT

- Introduction to food safety.
- Microbiological hazards.
- Food poisoning and its control.
- Contamination hazards and controls.
- HACCP from delivery to service.
- Personal hygiene.
- Food premises and equipment
- Food pests and pest control.
- Cleaning and disinfection.
- Food safety enforce



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STCW + DSD

STCW + DSD is a vital convention that standardised the training, certification, and working conditions of seafarers worldwide to improve maritime safety and ensure that those working at sea are properly prepared for their duties.

STCW stands for the International Convention on Standards of Training, Certification, and Watchkeeping for Seafarers. It is a key international maritime treaty established by the International Maritime Organization (IMO), which sets standards for the training, certification, and watchkeeping of seafarers to ensure that they have the necessary skills and competence to work safely and effectively on ships.

This is required by anyone working on a commercial vessel, including officers, engineers, ratings, and other crew members. To ensure their vessels are compliant with international maritime standards and that their crew is properly trained. Key Aspects include Training Standards, Certification, Watchkeeping, Safety and Emergency Procedures, Medical Fitness and Seafarers' Rights.

DURATION

11 days

STCW + DSD

COURSE CONTENT

- Personal Safety & Social Responsibility (PSSR)
- Elementary First Aid (EFA)
- Personal Survival Techniques (PST)
- Marine Fire Fighting (MFF)
- Designated Security Duties (DSD)



ULTIMATE YACHT THERAPIST

COURSE CONTENT

- Swedish massage
- Hot stone massage
- Pre-blend aroma
- Manicure and Pedicure
- Gel Polish Application
- Eyelash and Eyebrow tint & shape
- Introduction to Stew/Masseuse or beautician

Pre-course theory online certification will take place after the case studies have been completed
Support after the course with WhatsApp groups



DURATION

10 days

ADD-ONS EXPLAINED



The Sports Massage course covers fundamental to advanced techniques through hands-on training and lectures. The focus is on anatomy, physiology, and biomechanics to assess and address athletes' needs for performance optimisation, injury prevention, and recovery.

Indian Head Massage course for relaxation and healing. Learn techniques, history, and benefits. Suitable for therapists and beginners, offering theory, demonstrations and hands-on training for a holistic well-being journey.



Basic Skincare teaches you Professionalism, basic treatment sequence, consultation cleansing Toning, skin analysis, exfoliation, steaming, facial massage, mask therapy, final skin preparation, Eyelash & eyebrow tinting.

Dermaplaning offers advantages of dermaplaning, plinth and trolley setup, dermaplaning procedure with aftercare and homecare guidance.



Microneedling: This is a minimally invasive procedure that aims to treat scar tissue, lax skin, wrinkles, and large pores by increasing collagen. Benefits, indications, contraindications, side effects, disinfection and sanitization, medical history and a consent form, danger of micro-needling, post-care, how many times to perform, how to do the treatment, and all steps of a procedure. Everything you need to know to perform the treatment.

ADD-ONS EXPLAINED



Chemical peels provide a solution for many skin conditions including scarring and anti-aging. The course will be administered in theory, demonstrations, case studies, and hands-on training. You will learn how chemical peels work, the precautions, side effects, selection and assessment of the client, daily skincare and contraindications. This course is important for new and intermediate-level chemical peel users.

The Makeup course covers hygiene and sterilization, contraindications, tools, makeup application sequence, selection of cosmetics, contouring techniques, problem solving and corrections, various makeup services plus 5 days of hands-on practical training.



With Chinese acupuncture you learn key techniques to stimulate energy points, relieve pain, and promote wellness.



In the facial cupping course you learn techniques to enhance circulation, reduce puffiness, and promote a glowing complexion.



GET IN TOUCH FOR MORE

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booking contact:**

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