**The Claims Defining the Invention are as Follows:**

1. A topical composition comprising boswellic acid, one or more derivatives of boswellic acid, or a mixture thereof, wherein the boswellic acid, derivative of boswellic acid or mixture thereof is encapsulated in a nanoemulsion having a liquid lipid core and a negative surface charge of -50 to -90 mV, wherein the composition further comprises at least one emulsifier, a stabilizer and at least one emollient, wherein the emollient comprises $C_{12-15}$ alkyl benzoate.

2. The topical composition of claim 1, wherein the size of each nanoemulsion is within the range of 50-200 nm.

3. The topical composition of claim 1 or claim 2, wherein the boswellic acid, one or more derivatives of boswellic acid or a mixture thereof, is present in an amount of 0.001% to 2.0% by weight of the composition.

4. The topical composition of any one of claims 1 to 3, wherein the boswellic acid, one or more derivatives of boswellic acid or a mixture thereof comprises 3-*O*-acetyl-11-keto-*β*-boswellic acid (AKBA).

5. The topical composition of any one of claims 1 to 4, wherein the boswellic acid, one or more derivatives of boswellic acid or a mixture thereof is 3-*O*-acetyl-11-keto-*β*-boswellic acid (AKBA).

6. The topical composition of any one of claims 1 to 5, wherein the boswellic acid, one or more derivatives of boswellic acid or a mixture thereof is obtained from or contained within a plant extract.

7. The topical composition of claim 6 wherein the plant extract is an extract of *Boswellia serrata***.**

8. The topical composition of claim 7 wherein the composition comprises *Boswellia serrata* extract.

9. The topical composition of any one of claims 1 to 8 wherein the nanoemulsion further comprises a co-emulsifier.

10. The topical composition of any one of claims 1 to 9 wherein the one or more emulsifier comprises glyceryl citrate/lactate/linoleate/oleate.
11. The topical composition of claim 9 or claim 10 wherein the co-emulsifier is diglyceryl monooleate.
12. The topical composition of any one of claims 1 to 11 wherein the stabilizer is pentylene glycol.
13. The topical composition of any one of claims 1 to 12 further comprising one or more ingredients selected from vitamins and vitamin derivatives, cosmetic peptides, plant extracts, polyphenol compounds, preservatives, emollients, humectants, rheological modifiers, surfactants, foaming agents, sunscreen agents, sensorial additives or texturizers, color pigments, natural extracts, essential oils, macro or micro capsules containing vitamins and vitamin derivatives, peptides, plant extracts, sunscreens and essential oils.
14. The topical composition of any one of claims 1 to 13 wherein the composition is formulated as a leave-on skin toner, skin serum, skin ampoule, skin lotion and cream, skin cleanser, facial and eye make-up remover, shampoo, conditioner, hair tonic, leave on hair conditioner or hair vitamin, hair styling aid, shower gel/cream, toilet bar, antiperspirant, deodorant, depilatory, all color cosmetics not limited to lipstick and foundation, sunless tanner or sunscreen lotion.
15. A topical composition of any one of claims 1 to 14, for use in normalising the skin microbiome profile of a subject with sensitive skin.
16. The topical composition of claim 15, wherein normalizing the skin microbiome profile reduces abundancy of bacterial species belonging to the phylum Firmicutes.
17. The topical composition of claim 16 wherein the species of bacteria is selected from the group consisting of *Staphylococcus epidermidis*, *Staphylococcus aureus*, *Staphylococcus hominis* or *Staphylococcus capitis*.
18. The topical composition of any one of claims 1 to 14, for use on a subject with healthy skin without causing disruption of the skin microbiome profile.

19. Use of the topical composition of any one of claims 1 to 14, in the manufacture of a medicament for normalising the skin microbiome profile of a subject with sensitive skin.