APPLICATION:

Content: The real information within the box, such text or pictures.

Padding: The distance that separates the border from the content. It increases the internal area of the piece without changing the external design.

Border: The line enclosing the content and padding. Its color, style, and width are all customizable.

Margin: The area that lies beyond a border. It creates a space between the element in question and its surroundings.

EXAMPLES OF THIS IN CODE

```css
/* Header Section */
nav {
    margin-bottom: 20px; /* Adds space below the nav */
    border-bottom: 2px solid #E2E8F0; /* Adds a subtle border below the nav */
    padding: 20px 0; /* Adds vertical padding inside the nav */
}
```

```css
/* Hero Section */
header {
    padding: 60px 20px; /* Adds space inside the header for better spacing */
    margin-bottom: 40px; /* Adds space below the header */
    border: 3px solid #5A67D8; /* Adds a bold border around the hero section */
}
```