In CSS, shadows can be applied to elements using box-shadow for box elements and text-shadow for text.

1. Box Shadow

The box-shadow property applies shadow effects to an element's box.

Syntax:

box-shadow: offset-x offset-y blur-radius spread-radius color;

- offset-x: Horizontal shadow position (+right, -left)
- offset-y: Vertical shadow position (+down, -up)
- blur-radius: Optional, defines how blurry the shadow is
- spread-radius: Optional, expands or shrinks the shadow
- color: The color of the shadow

Example:
```
.box {
 width: 200px;
 height: 100px;
 background-color: lightblue;
 box-shadow: 10px 10px 20px rgba(0, 0, 0, 0.5);
}
```

2. Text Shadow

The text-shadow property adds a shadow to text.

Syntax:

text-shadow: offset-x offset-y blur-radius color;

- offset-x: Horizontal shadow position
- offset-y: Vertical shadow position
- blur-radius: Optional, blurriness of shadow
- color: Shadow color

Example:

```css
h1 {
  text-shadow: 3px 3px 5px rgba(0, 0, 0, 0.5);
}
```

3. Multiple Shadows

add multiple shadows by separating them with commas.

Example:

```css
.box {
  box-shadow: 5px 5px 10px rgba(0, 0, 0, 0.5), -5px -5px 10px rgba(255, 255, 255, 0.5);
```