<!DOCTYPE html>

<html>

<head>

<style>

input[type=text] {

  width: 70%;

  height: 110px;

  padding: px px;

  margin: 0px;

  box-sizing: border-box;

  border-radius: 17px;

  border-color: lightblue;

}

</style>

</head>

<body>

<form>

  <label for="fname">Insert blah blah</label>

  <input type="text" id="fname"  placeholder="Default text" name="fname">

</form>

</body>

</html>