The CSS box model is a fundamental concept that defines how elements are rendered on a webpage. It consists of four key parts that determine the size and spacing of an element:

1. **Content**: This is where the actual content of the element (like text or images) is displayed. The size of the content area is defined by width and height.
2. **Padding**: Padding is the space between the content and the border. You can control the padding with properties like padding-top, padding-right, padding-bottom, and padding-left. Padding increases the size of the element's total area.
3. **Border**: The border wraps around the padding and content area. You can define its width, style (e.g., solid, dashed), and color. The border is placed between the padding and the margin.
4. **Margin**: Margin is the space outside the border, separating the element from other elements. Margins don't affect the size of the element itself, but they do affect the layout and spacing between elements. You can control margins with margin-top, margin-right, margin-bottom, and margin-left.

**Visual Representation:**

+-------------------------------+

| Margin |

| +-------------------------+ |

| | Border | |

| | +-------------------+ | |

| | | Padding | | |

| | | +-------------+ | | |

| | | | Content | | | |

| | | +-------------+ | | |

| | +-------------------+ | |

| +-------------------------+ |

+-------------------------------+

**Box-Sizing Property:**

By default, the width and height set on an element only account for the content area, so padding and borders are added outside the specified width and height, increasing the total size. However, you can change this behavior using the box-sizing property.

* **box-sizing: content-box;** (default) – The width and height are only for the content area. Padding and borders are added outside.
* **box-sizing: border-box;** – The width and height include the padding and border, so the overall size doesn't increase.

**Example:**div {

width: 200px;

height: 100px;

padding: 20px;

border: 5px solid black;

margin: 10px;

box-sizing: border-box;

}