* If we communicate between webservices using Rest Archictecture we call it restful webservices.
* In soap protocol we have so much config and envelope, body etc . also we use WS-\* extensions such as WS-Security, WS-Addressing, and WSReliableMessaging. Which makes it very heavy. It will degrade performance.
* So we use REST. In rest above things are not present.
* REST is not a protocol, its an architecture.
* We can directly invoke our WS with the http methods.
* The http methods are GET, POST, DELETE and PUT.