https://thingspeak.com/
https://www.paraimpu.com/
http://www.thingsquare.com/
http://www.openpicus.com/
https://www.mongohq.com/

MQTT: http://chrislarson.me/blog/using-mqtt-connect-arduino-internet-things

Carriots Dev IoT Arduino
https://www.carriots.com/documentation/arduino

Spark Core (Microcontroller + IoT)
https://www.spark.io/

http://M2M.com

https://temboo.com/
http://www.xobxob.com/

https://www.paraimpu.com/

http://www.udoo.org/

Carriots Dev IoT Arduino
https://www.carriots.com/documentation/arduino

Ninjablocks.com

PushingBox, Notifications for your Internet of Things
http://www.pushingbox.com

Nimbits:
Nimbits is a platform as a service (PaaS) you can use to develop software and hardware solutions that seamlessly connect to the cloud and each other. **Nimbits Server** is the core
http://www.nimbits.com/index.jsp

Nearbus:
NearBus is a Cloud Connector that allows you to fully integrate in the cloud different MCU platforms (like Arduino, OpenPicus, etc.) in a very easy and transparent way. Installing a light agent (the NearAgent) in your MCU hardware the NearBus system will allow you to see the MCU as a real extension of the cloud, controlling it via the NearAPI (a very simple set of Web Services API functions).
http://www.nearbus.net/index.html

Gobot:
Gobot is a framework and set of libraries in the [Go programming language](#) for robotics, physical computing, and the Internet of Things.
It provides a simple, yet powerful way to create solutions that incorporate multiple, different hardware devices at the same time.
http://gobot.io/

Temboo:
Program anything with Temboo Devices, languages, APIs, code utilities, databases & more. Reimagine programming for the connected world.
https://temboo.com
Has some interesting things the Arduino can do, send emails (gmail) posting data a google spreadsheet (might be good for logging), controlling arduino with your phone (Ok, not a new idea), sending a SMS message. Has an arduino library.
Here is some more information from the Arduino website about temboo:
http://blog.arduino.cc/2014/06/17/internet-of-everything-flip-the-switch-and-get-going/?utm_content=bufferfc9e9&utm_medium=social&utm_source=plus.google.com&utm_campaign=buffer

IFTTT.com (IF then that)
One of the 1st gateways to the internet of things, has a number of features. This is more of a gateway, and can be used to connect different websites to each other (that normally wouldn't be connected) it can be used to connect some devices natively, and other devices can be made to work using various methods. Native devices are generally easy to setup. Non-Native Devices take a little work to get done, but some of the features make it worth wild.
http://ifttt.com

NOTIFICATION SERVICES: (Great for Internet of Things to talk to you)
(The 2 Best - with no limits, and free)
LiveNotifier is an app you install on your phone, it was setup to "talk" to a Sony Live Watch, but works just as well in the android notification bar. Each Device has it's own device ID, which means that you can send yourself different notifications to different devices. There is no limit on this API otherwise.
http://www.livenotifier.net/index.php
Newtifiry is an app you install on your Android device, this app "speaks" the notification when it arrives, like LiveNotifier each device has it's own ID, unlike LiveNotifier newtifry lets you setup "sources" each source on your account sends notifications to all your devices at once. A nice feature if you have more then one device and sometimes leave one behind somewhere.
There is an API limit of 1 message per minute, otherwise there is no limit.
https://newtifry.appspot.com

(One That works but is limited)

Notify My Android - Install the app on your Android device, It works similar to Newtifry in that if you send a message it goes to all your devices at once. Unlike the Above 2 serivices thou, this is very limited, and a "trial" account will let you only send 5 messages total in one day! And that is total. IT counts each device you have, so if you have the app installed on 5 devices, and send one message, you have used up your 5 messages for the day. (Even if you don't have the device turn on)
https://www.notifymyandroid.com

All three link to your google account, and only work with Android devices.

For iOS I only know of one, it's called Boxcar Push app.
https://boxcar.io
I don't know much about boxcar, I think it works somewhat like newtifry or notifymyandroid.
I've been waiting over a year for boxcar to release it's Android app, but at this point I don't think it is going to happen.
Boxcar is gearing up for Boxcar 2.0, still no Android version, and not sure what the changes are, my iOS device will not run Boxcar 2.0, so it's useless to me.