RESTful web services are a way to build web APIs that follow the principles of Representational State Transfer (REST). They use HTTP methods like GET, POST, PUT, DELETE, etc., to perform operations on resources, which are identified by URLs. Data is typically exchanged in JSON or XML format. RESTful web services are stateless, meaning each request from a client to a server must contain all the information needed to understand and process the request. They are designed to be scalable, flexible, and easy to integrate with other web services.