**SOAP** :

SOAP refers to Simple Object Access Protocol and is just a specialization of XML over HTTP

SOAP is a method of transferring messages, or small amounts of information, over the Internet. SOAP messages are formatted in XML and are typically sent using HTTP

1. Create the Client stub classes through WSDL URL
2. Request : Hit that URL through stub methods
3. Response as XML format

Easy to consume – sometimes

Need Development tools to create client stub classes

**Rest** - Representational state transfer

REST is an exchange of state information

Rest is a simple way of sending and receiving data between client and server and it don't have any much standards defined , You can send and receive data as JSON,XML or even a Text. Its Light weighted compared to SOAP.

* Lightweight - not a lot of extra xml markup
* Human Readable Results
* Easy to build - no toolkits required

REST is a very simple in that it uses HTTP GET, POST and PUT methods to update resources on the server.

**HTTP**

HTTP based APIs refer to APIs that are exposed as one or more HTTP URIs and typical responses are in XML / JSON.