The acronym REST stands for **Representational State Transfer**, this means that each unique **URL is a representation of some object**. We can get the contents of the object using an HTTP GET, or might use a POST, PUT, or DELETE to modify the object.

The main advantages of REST web services are:

* **Lightweight** - not a lot of extra XML markup
* **Human-readable** results
* **Easy to build** - no toolkits required

SOAP also has some advantages:

* **Easy to consume**
* **Rigid type checking** - adheres to a contract