Virtual Reality vs Mixed Reality (vsdiff.com)

Feature	Virtual Reality (VR)	Mixed Reality (MR)
Environment	Completely digital	Combination of real and virtual
User Interaction	Full immersion	Interaction with both physical and virtual objects
Hardware Requirements	VR headset and controllers	Headsets with spatial awareness capabilities (e.g., HoloLens)
Applications	Gaming, training simulations, virtual tours	Architectural visualization, remote collaboration, gaming
Sensory Engagement	Vision and sound (limited tactile feedback)	Vision, sound, and tactile feedback from real objects

Source: https://vsdiff.com/virtual-reality-vs-mixed-reality/