AR Headset vs VR Headset (vsdiff.com)

Feature	AR Headset	VR Headset
Primary Function	Augment the real world with digital information	Create a fully immersive virtual environment
User Interaction	Interact with both real and virtual objects	Interact primarily with virtual objects
Field of View	Narrower field of view, blends physical space	Wide field of view, envelops users in virtual space
Use Cases	Education, training, gaming, retail	Gaming, training, simulations, entertainment
Technology Requirements	Camera and sensors to capture the environment	High-performance computing for graphics rendering
Cost	Generally more affordable	Can be expensive due to high- end technology

Source: https://vsdiff.com/ar-headset-vs-vr-headset/