I personally like style tiles better. The reason I feel this way is because for one, it was way quicker for me to do. Also since style tiles are very general you have a lot of flexibility with how you want to use your predicted colors, patterns, and fonts. I feel that they give you the option to be more creative in the long run. To me, comps are too much of a completed project. I feel like you don’t have as much leeway when making one because you have to be more specific, and it seems like more of a finished project. I think they definitely both have their benefits, but as far as starting a project, I think style tiles are the better option.