

It doesn't really matter which one you use, but keep in mind that proxies are typically dedicated to a single account, making them less flexible and harder to switch (if you ever want to).

Once you log into an account with a proxy, the account gets tied to its IP, and changing it later is more difficult. Proxies are also more expensive.

I prefer VPNs:

- I always use VPN profiles to group accounts (5-10 accounts share the same VPN profile), and I make sure the location is close to where I'm based, as Pinterest tracks your IP too.
- You can manage multiple accounts from one PC, but it's best to use a VPN for added safety!