Embrace a slower pace this fall by taking a restorative break at a refined, all-inclusive property. Leave the stress of decision-making behind as you relax—or get energized—at one of these splurge-worthy destination resorts.

**Blackberry Farm**
Walland, Tennessee
A stay at this stunning luxury resort is on the bucket list of most everyone we know. Set on 4,200 scenic acres in the foothills of the Great Smoky Mountains, Blackberry Farm is renowned for its cuisine and award-winning wine program. A variety of wellness choices make it an ideal destination for spa enthusiasts, too. The resort's 68 accommodations are spread among the main house, cottages and multibedroom guesthouses. Daily meals, snacks and nonguided activities, such as biking, fly-fishing and hiking, are included in the rate. In the evenings, guests converge on the lawn, for spectacular rocking-chair views of the sunset. From $645 nightly for a double-occupancy room, and from $3,800 for a multibedroom home; blackberryfarm.com

**The Ranch at Live Oak**
Malibu, California
Don't call it a spa. It's day after day of tough love. Nothing is optional: not the predawn wake-up calls for yoga, not the 10- to 13-mile hikes, not the four hours of fitness classes, and not the super-strict but nutrient-rich diet (no meat, wheat, sugar, dairy, caffeine, alcohol or processed foods). Participants may have a tough time on the trail, but still the instructors push them to keep going. The results: nearly everyone loses unwanted pounds and feels better leaving than they did when they arrived—partly from the detox diet and partly from having survived. From $3,900 for a four-day program or $7,200 for one week; theranchmalibu.com
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**Travaasa Austin**
Austin, Texas
Tucked away in the heart of Texas Hill Country, at the edge of the Balcones Canyonlands Preserve, Travaasa Austin is known for outdoor adventures and culinary experiences. Take your pick from activities such as horseriding, fly-fishing and guided nature walks. Then relax later in the day with a wine tasting class and maybe a Texas two-step lesson. The resort also offers an assortment of health and rejuvenating spa treatments. All inclusive packages include three chef-prepared meals and a $75 resort credit per person per night, stay, toward spa treatments and classes. From $475 per night for two adults (à la carte packages are $375 nightly per couple). travaasa.com/travasa-austin

**The Ranch at Live Oak**
Malibu, California
Don’t call it a spa. It’s day after day of tough love. Nothing is optional: not the predawn wake-up calls for yoga, nor the 50- to 15-mile hikes, nor the four hours of fitness classes, and not the super-sleek and super-rich diet (no meat, wheat, sugar, dairy, caffeine, alcohol or processed foods). Participants may have a tough time on the trail, but still the instructors push them to keep going. The results: nearly everyone loses unwanted pounds and feels forever leaving than they did when they arrived - partly from the detox diet and partly from having survived. From $3,000 for a four-day program or $7,200 for one week; theranchatliveoak.com

**From Family Cabins to a Victorian Castle**

- **Fair Hills Resort**
Detroit Lakes, Minnesota
If sleeping in cozy cabins and participating in sandcastle contests, scavenger hunts, outdoor sports and weekly “noisecreany” events sound like your perfect vacation, then this popular family-friendly resort on Minnesota’s Pelican Lake is the place for you. From $149 nightly - $166 weekly for adults, kids’ rates vary; fairhilsresort.com

- **The Lodge at Woodloch**
 Hawley, Pennsylvania
This luxury adults-only spa resort is set on 500 acres in the Poconos, with miles of nature trails. Meals, fitness activities, classes and lectures are included in the rate. Accommodations overlook the property’s 15-acre lake or the rock garden waterfall. From $325 per person, per night; thelodgeatwoodloch.com

- **Mohonk Mountain House**
New Paltz, New York
Dramatically perched on a ridge overlooking Lake Mohonk in the Hudson Valley, this Victorian-era resort offers rooms, suites, and cottage and lodge accommodations. It’s great for families, with loads of outdoor activities included in the rate, from ice skating and cross-country skiing in the winter to tennis and boating in the summer. From $330 per person, per night; mohonk.com

- **The Resort at Pawleys Island**
Greenvale, Montana
This swanky ranch is located on a 3,000-acre working cattle ranch. Luxurious accommodations include 28 vacation homes and 30 "glamping" tents. Guests can ride horses, go snowmobiling, participate in a cattle drive and more. Choose from a variety of all-inclusive packages. From $218 per night for two people; pawleys.com