Welcome to The English We Speak. I'm Beth.

And I'm Feifei.

We have an expression that describes repetitive actions that are predictable and tiresome. The phrase is 'rinse, repeat'.

'rinse, repeat'. Beth, can you give us some context?

Well, to be honest, I'm feeling a bit down at the moment. I come to work, go home, sleep. Rinse, repeat.

It's like that for me too. It's the same events every day. It's so predictable and boring.

Exactly! Rinse, repeat. Did you know, Feifei, that this expression comes from the back of shampoo bottles? They often say 'wash, rinse, repeat' meaning wash your hair, rinse the shampoo out and wash your hair again.

Well, washing your hair isn't exactly fun. Mine takes ages to style and then in two days' time I have to do it all over again.
Beth
It's true. There is no rest from it! Rinse, repeat. Let's hear some more examples.

Examples
Bringing up a baby is difficult. Feed, sleep, nappy change. Rinse, repeat.

I made dinner yesterday. I'll make it today… and again tomorrow. Rinse, repeat.

In the UK, it's grey clouds, cold, rain. Rinse, repeat.

Feifei
You’re listening to The English We Speak from BBC Learning English, and we are learning the expression 'rinse, repeat', which is a way of describing a predictable repetitive action which is tiresome.

Beth
The phrase 'rinse and repeat' is also used, though it's not as common. And like 'rinse' repeat' it often follows a list of repetitive actions.

Feifei
Let's get back to work. I have to send an email, plan a meeting and write another script.

Beth
Rinse, repeat. See you next time!

Feifei
Bye bye.